

# Faithfully Growing



## Session Preparation Form

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Date:

Name:

To get the most out of your coaching session it is best to spend several minutes preparing for it. Please get them to me before your session so that I can better prepare for our time together.

WHAT I HAVE ACCOMPLISHED SINCE OUR LAST SESSION...MY WINS OR VICTORIES

WHAT I DIDN'T GET DONE, BUT WANT TO BE HELD ACCOUNTABLE FOR

CHALLENGES I AM FACING RIGHT NOW

WHAT I AM APPRECIATIVE OF OR GRATEFUL/THANKFUL FOR?

HOW DO I WANT TO USE MY COACH TODAY AND WHAT DO I WANT TO GET OUT OF THIS SESSION?

WHAT I COMMIT TO DOING BEFORE THE NEXT SESSION