



Coaching Session Preparation Form

(Some clients benefit from sending to me prior to each session)

Preparing in advance for our coaching session will allow you to make the most of our time together and optimize your results.

Before the session, answer the following questions:

1. How am I - Right now? How was this week?
2. What actions did I take since our last session? What commitments did I keep? What new ideas did I pursue?
3. What intentions or commitments did I not accomplish? What do I want to be held accountable for? What's getting in the way of my intention to accomplish this?
4. What do I want to get out of today's session?
5. What else? Are there issues I want to deepen on our call today? What are the challenges, concerns, achievements, or areas of learning to be addressed?