

## Session Preparation Form

Date: \_\_\_\_\_

To get the most out of your coaching session it is best to spend several minutes preparing for it. Please email a copy to me or bring it with you to your session

### 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

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\_\_\_\_\_

### WHAT I AM APPRECIATIVE OF OR GRATEFUL/THANKFUL FOR?

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\_\_\_\_\_

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

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### WHAT I COMMIT TO DOING BEFORE THE NEXT SESSION

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