



Coaching Session Prep Form

Directions: Fill out your answers to the following 6 questions at least 1 hour before each session, but no more than 24 hours before our session. Also return the form to me in that same time frame via fax or email.

1. What are the 3 things I'm grateful for?

2. What have I accomplished since our last session?

3. What did I intend to accomplish but did not.

4. The challenges I'm facing are:

5. The opportunities in front of me are:

6. What do we want to co-create this session? (or the specific results I want this session are...)