

Coaching Preparation Form

These basic questions are good ones to review before each session. Feel free to add any other information than is outlined below. Please fill in the answers the day before each appointment to help you track your progress and improve the efficiency of our time together.

Date:

What I accomplished this week and feel great about:

What didn't I accomplish this week that I would have liked to have:

Things I am noticing/new thoughts/actions that indicate I am moving in the right direction:

The kind of support I most need this week that would add the most to my progress forward:

Five things I am grateful for today:

What I would like to talk about this week in our coaching session: