

## Coaching Preparation Form

These Basic Questions are good ones to review before each session. Feel free to consider any other information than is outlined below. Please think about the answers the day before our session 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:

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

Five things I am grateful for today:

The kind of support I most need that would add the most to my progress forward - what specifically I would like to talk about in our session: