

## PREPARING FOR YOUR COACHING CALL/SESSION

Get the most out of your Coaching Session by preparing for it. This form is a guide clients use to prepare for sessions. Sometimes clients email the completed form prior to the session to save time and provide a good starting point for the coach.

CLIENT INSTRUCTIONS: Please respond to each question in the space provided.

### WHAT I HAVE ACCOMPLISHED SINCE OUR LAST SESSION:

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### WHAT I DID NOT GET DONE, BUT INTENDED TO:

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### THE CHALLENGES, ISSUES, PROBLEMS I AM FACING NOW:

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

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### WHAT I WANT TO USE THIS COACHING SESSION FOR:

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### WHAT I PROMISE TO ACCOMPLISH BY OUR NEXT COACHING SESSION:

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*This Is Your Life ..... Make It What You Want*

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