



Optional Coaching Session Preparation Form

Some Coaching clients benefit from filling out this Coaching Session Preparation Form before each session and either send it to their Coach, reviewing it at the beginning of their session, or just using it as a jumping off point.

1. What are you grateful for?

2. What shifts in thinking have you made since our last session?

3. What have you accomplished since our last session?

4. What did you intend to complete, but did not?

5. Do you want to work on any barriers that may be getting in the way of completing your action items?

6. What do you want to work on in our Coaching session today?