



Coaching Preparation Form

Preparing for the coaching session will allow you to optimize your results and our time together.

Before the session, you may wish to answer the following questions:

- 1. How am I, today, right now? How has my week been?**
- 2. What do I want to get out of today?**
- 3. What action did I take since our last session? What were my wins/challenges?**
- 4. What do I have to report? What do I want to be held accountable for?**
- 5. What issues do I want to deepen in our time today? What are the challenges, concerns, achievements, or areas of learning to be addressed?**
- 6. What else?**