

Coaching Preparation Form

Name _____ Date _____

Preparing for the coaching session will allow you to optimize your results and our time together. Before the session, I strongly encourage you set aside time to be with and respond to the following questions. E-mail your answers to me as you can.

Since my last session:

1. I fulfilled (and did not fulfill) my personal commitments from our last session in these ways:
2. My saboteurs () and old coping skills took the stage in these ways:
3. I expressed my values () in these ways:
4. I showed up as my deepest essence, in my life purpose () in these ways:

My greatest learning(s) from this time include:

For the sake of my most expansive life experience, my life purpose, and who I am becoming:

1. I want to be held accountable in these ways:
2. I want to acknowledge myself and be acknowledged for:
3. In service of my coaching goals () I want to explore this topic in our session: