



Client Preparation Form

Name: _____ Date: _____

To get the most out of your coaching session, it is best to spend several minutes preparing for it. Please e-mail me a copy 24 hours before your session.

What I have accomplished since our last session -- my wins or victories:

What I didn't get done but want to be held accountable for:

Challenges or problems I am facing right now:

What I am appreciative of or grateful for:

How I want to use my time today:

What I commit to doing before the next session: