

Coaching Preparation Form

This form can help you to prepare for your next coaching session. Some people find that taking a few minutes to reflect on the past week and focus on their current goals helps them to optimize their time. Looking at several forms over a period of a few months can also be enlightening. Make as many copies of this as you like so that you can re-use the form.

To be filled out before the call

Today's date: _____.

1. How am I feeling right now?

2. Briefly describe this last week.

3. What accomplishments did I make this last week (remember, any action in the desired direction is a valuable accomplishment)?

4. What challenges did I face this last week? How did my Critic/Gremlin come out?

5. What do I want to focus on today or this week?

To be filled out after the call

Write down a two or three sentence summary of the today's call ("gems," discoveries, plans for the week).
