

Pre-Session Form

Preparing for the coaching session will allow us to optimize your results and our time together. Please answer the following questions:

1. How was your week?

2. What do you want to get out of our session?

3. What actions did you take after our last session?

4. What were your wins & challenges?

5. What do you want to be held accountable for?

6. What issues do you want to deepen in our session today?

7. What else?
