

Coaching Pre-Session Prep Form

Clarity Is Power--Focus on the plan and not the problem--What you focus on expands

Name:

Date:

Actions you have taken since the last sessions:

- 1.
- 2.
- 3.
- 4.
- 5.

Observations, wins, insights, ahas, and/or successes since our last session:

- 1.
- 2.
- 3.
- 4.
- 5.

B. The one thing I would like to focus on during our upcoming session (THE ONE THING that would move you forward in your goals):

D. Promises and/or action steps to be taken between now and the next session:

- 1.
- 2.
- 3.
- 4.
- 5.

I know this exercise will add to the value of our coaching appointment. I would suggest that you keep a copy of this and send me a copy 24 hours prior to your call at the latest.