

# Coaching Session Preparation Form

Preparing for the coaching session will allow you to optimize your results and our time together. Before the session you may wish to answer the following questions:

Name: [Click here to enter text.](#)

Session Date: [Click here to enter text.](#)

Next Session Date: [Click here to enter text.](#)

1. What have I accomplished since our last session?

[Click here to enter text.](#)

2. What did I want to get done, but didn't?

[Click here to enter text.](#)

3. What challenges / problems am I facing?

[Click here to enter text.](#)

4. What opportunities are available to me right now?

[Click here to enter text.](#)

5. What do I want to get out of this session?

[Click here to enter text.](#)

6. What am I committed to do by the next session?

[Click here to enter text.](#)