

Session Prep Worksheet

Please review and complete this worksheet before each session. To receive maximum benefit, insert your answers and email them to me for review.

Date: _____

- 1) Personal Inventory. How am I right now? What are my predominant thoughts, feelings, concerns?
- 2) How was my week?
Primary successes:
Primary challenges:
Primary lessons learned:
- 3) This week, I want to discuss the following in our coaching session:

Notes:

Accountabilities: