Coaching Preparation Form

date

Note: Please fax or email this information the day prior to our coaching session.

- 1. How am I today, right now? How has my week been?
- 2. What do I want to get out of today's session?
- 3, What actions did I take since our last session?
- 4. What did my practices reveal?
- 5. What has my observer noticed? Any new distinctions?