

COACHING CALL PREPARATION FORM

Please complete prior to each session:

Immediate post session notes/insights/actions for me to do:

What I have accomplished/promised since our last call:

What didn't I get done, but intended to do?

The challenges (a better word for "problems") that I now face:

Opportunities that are available to me right now with my situation are:

What was the most useful aspect of our last session and why?

I want to use the next session to: