

PRE-COACHING PREPARATION FORM

Preparing for the coaching session will allow you to optimize your results and our time together. Prior to the session, you may wish to answer the following questions for your own focus and direction. Answer the questions below.

Email to Susan@ExceptionalCoaching.com a few hours before your appointment

Name:

Date:

How am I today, right now? How has my week been?

What have I accomplished since our last call or what have my wins been:

What I didn't get done but intended to:

Challenges and problems I am facing now:

Opportunities which are available to me right now:

How balanced is my life this week?

I want to use the coach during the call to ...