**Coaching Preparation Form**

Please e-mail your completed form 24 hours before your next session

Name

Day, date, time of next session

Preparing for the coaching session will allow you to maximise your results and our time together. Please ponder and answer the following questions:

1. What action did I take since our last session?
2. New opportunities and positive result of actions I have taken:
3. Challenges I experienced since our last call or am facing now:
4. The opportunities which are available to me right now are…
5. Great insights I’ve had during the period are ...
6. What I feel grateful for right now:
7. What outcome do I want from my next session?
8. What evidence would I have (at the end of 90 minutes) that the outcome had been achieved?
9. What are you enjoying about the coaching process? What would you change?
10. Anything else I want my coach to know?