

Coaching Preparation Form

The purpose of this form is intended to help you decide where you want to focus for your upcoming coaching session. I recommend that you review it prior to every coaching session and answer the questions that speak to you. This will help you gain the most benefit from each coaching session. ~Laura (Laura@MyAttentionCoach.com)

Date: _____

What have I accomplished since the last coaching session? Remember, nothing is insignificant. Celebrate progress!

What I didn't get finished (since the last session) that I intended to? Is it still important to me?

What questions do I have for Laura?

What challenges, assignments, tests and projects are coming in the next couple weeks?

To complete after coaching....

What I intend to do by the next coaching session.

What did I get from today's coaching session?