

Fill in this form prior to your coaching session and e-mail a copy to your coach. Keep a copy so that you can monitor your progress. After filling in this form, make sure you save it with a new filename. This will allow you to keep this template to use repeatedly.

|  |                             |
|--|-----------------------------|
| Name:  | Coaching Session Date/Time: |
| <p>The successes you have had since our last call are...</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>  |                             |
| <p>What was challenging since your last session? And what can you do to overcome those challenges? (Delegate, accountability, move them off my list until later.)</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol> |                             |
| <p>What you learned about yourself this week was...</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>   |                             |
| <p>What am I thankful for this week is...</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>   |                             |
| <p>The opportunities that are available to me now are...</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> </ol>  |                             |
| <p>The biggest challenges I face in the coming week are...</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> </ol>  |                             |
| <p>The results I want from this coaching session are...</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>   |                             |
| <p>My three commitments before my next coaching session:</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>  |                             |
| Next Session Date:   | Time:                       |