

# Pre-Coaching Preparation Form

Answer the questions below.

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.

- 1. WHAT ACTION(S) DID I TAKE SINCE OUR LAST SESSION?  
WHAT WERE MY WINS/CHALLENGES?**

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- 2. HOW AM I TODAY, RIGHT NOW? HOW HAS MY WEEK BEEN?**

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- 3. WHAT DO I WANT TO GET OUT OF THE CALL THIS WEEK? WHAT IS MY FOCUS?**

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- 4. WHAT PROGRESS HAVE I MADE TOWARDS IMMEDIATE GOALS OR PRIMARY FOCUS?**

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- 5. WHAT ELSE DO I WANT TO TELL YOU?**

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