**Coaching Focus Form**

Our coaching sessions are all about you and what you are seeking to accomplish. You may want to focus on the goals you stated at the beginning of the relationship or something may have recently occurred that you would like to discuss. This preparation form is a good way for you to review what has happened since our last session and consider if there is something you want to discuss. Please complete this form and send it to me a day before our coaching session.

1. What are your wins or accomplishments since the last session?

1. What were your challenges or obstacles since the last session?
2. What insight(s) did you have since the last session?
3. What would you like to focus on this session in regards to your goals?

Actions or strategies identified during the coaching session