



## **Session Prep Form**

*In preparation for our next session, write out an answer to at least one question in each category.*

### **Accomplishments/Celebrations**

What have I accomplished since our last session?

What are my wins or victories since we last met?

What am I thankful for this week?

### **Challenges**

What challenges am I facing right now?

What's going on in my life right now that I want to talk about with my coach?

What obstacles have I run into since we last met that I want to troubleshoot?

### **Accountability**

Briefly list your progress on each of your action steps

What tasks have I completed or made progress on? Where did I get stuck?

### **Outcomes**

What do I need to focus on today to keep moving toward my goals?

What do I want to get out of this session?