

Rebecca Lowry Coaching

Session Prep Form

In preparation for our next session, think about and jot down answers to the following questions:

What are my successes and victories since we last met?

What am I most thankful for this week?

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

What challenges am I facing right now?

What progress have I made on each of my action steps?

Was there a place where I got stuck?

What am I most proud of over the time since we last met?

What topic is the most important to focus on today?