

Date	Time	Next Session
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Prep Questions

- How am I today? How do I feel right now?
- What have I accomplished and/or learned since our last session?
- What did I want to get done but didn't?
- What challenges or problems am I facing right now?
- What do I want to discuss or accomplish in my coaching session today?

Notes

New Homework / Inquiries / Commitments

Reflection Questions

- What did I discover about myself and my life from today's coaching session?
- What was pleasant and inspiring?
- What was challenging?
- What else did I learn?
- Is there anything I would like to redesign with my coach next session?