



Preparing for Your Coaching Session

Skype or 410-203-1656

Take some time to think about these questions. You can jot notes, journal, or simply ponder your responses.

1. What have I accomplished this week that I committed to accomplishing (my homework)?

2. What positive feelings or aspects arose as a result of accomplishing these things?

3. What challenges did I face in trying to do the assignments?

4. What do I want to focus on for my next session?

5. Overall, how I am feeling?