

Coaching Session Preparation

Please fill in this form *before* your next coaching session. E-mail it to your coach if possible.

Your Name: _____

Coaching Session Date:	Time:
Coach's Phone Number: (818) 558-5808 Coach's Email: coach@meredithobrien.com	
What successes have I had since our last call? •	
What didn't I get done, but intended to? Why didn't I, and is it still important? •	
What did I learn about myself this week? What am I thankful for this week? • •	
What opportunities are available to me now? •	
What are the biggest challenges I face in the next two weeks? •	
What results do I want from this coaching session? •	