

# Coaching Session Preparation Form

(Please bring this completed form with you on the day of your scheduled session or email it to me at [Tammy@tammybarnett.com](mailto:Tammy@tammybarnett.com) prior to your session)

Your time and money spent on each session is valuable. To maximize our time together and optimize your desired results please take a few moments to complete.

1. Describe how your week has been? How are you feeling right now? (List some emotions and thoughts)

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2. What action(s) have you applied since last session? What concepts or principles that we discussed have made an impact to your life?

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3. What have you discovered about yourself this week (behaviors, habits, strengths, attributes etc)

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4. What wins can you report today? What challenges do you have to report?

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5. What issues or topics do want to discuss during our session/call today? What areas in your life need to be addressed?

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6. What else?