

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 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)

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

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

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

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

6. What else?