



Session Date: \_\_\_/\_\_\_/\_\_\_

## Coaching Session Preparation Form

You can get the most out of your health coaching sessions by preparing for them. Coaching is a client-initiated process in which the coaching sessions are guided by what is important to you. Before each session, please complete this form by answering the following questions. Having your answers will help me anticipate how best to meet your needs. Email the completed form to me at least 24 hours before the next scheduled coaching session—**Robert@CenterForMindfulHealth.com**

1. What have I accomplished since the last health coaching session? List any small or large successes, breakthroughs, or changes in my perspective.

ANSWER:

2. What are the biggest challenges I am currently facing that make it difficult for me to change?

ANSWER:

3. What would I like to take away from today's health coaching session?

ANSWER:

4. What have I accomplished even though I hadn't said I would?

ANSWER:

5. What action(s) I am ready to take now? What action(s) do I commit to do by the next session?

ANSWER: