



Client Preparation Form

*Turn every experience into a learning experience.
Seek the valuable lesson in every setback or disappointment.*

Please email or fax this form to me prior to our coaching call.

How am I feeling about myself, my work, about others?

What have I accomplished since our last call?

What were my wins/challenges?

What was the learning from my experience?

What do I want to walk away with from today's meeting with my coach?

What do I want to be held accountable for?

What else?
