

HEART TO HEART LIFE COACHING LLC

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Name: _____ Date: _____

Pre-Coaching Session Form

This Pre-Coaching Form will help you to optimize your coaching results and our time together.

*These questions will allow you to briefly reflect about where you're at
and what you'd like to focus on in your upcoming coaching session.*

Please complete this form and email or fax it to us at least 48 hours before your next coaching session.

1. What action(s) have you taken since our last session? (List any changes you've implemented.)

2. I intended to get the things done, but did not because.....

Or what do you think is holding you back from the actions you wanted to take?

3. The challenge(s) I am facing right now is.....

4. I have discovered these new insights and made these realizations.....

5. I am grateful for.....

6. What topic(s) would you like to focus on at our next coaching session?

(Please be as specific as possible - thinking about this upfront allows for a stronger, more productive session.)

7. What would be the most important or most helpful outcome that you would want from our next coaching session? (Please describe what would you like to walk away with from our next session?)

