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### Wins / Challenges / Action Items / What Support Do You Need / What's Next / Anything Else

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Each coaching session we will have will be unique. To ensure that we get the maximum value out of each session, please respond to the following questions before your coaching sessions.

- ◆ When responding, please use bullet statements that are succinct, and focused
- ◆ Due: 24 hours before each coaching session
- ◆ Yes, I really mean before EVERY coaching session

NOTE: The content of the Session Prep does not commit you to talking about these things. The purpose is the best and most productive use of the time we spend together. Ultimately, you choose what we discuss.

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Before each session, please outline the following information for yourself and forward a copy to me.\*

List three wins since our last session. (Yes, at least three.)

(E.g.: wins, shifts, successes, accomplishments, insights, significant acknowledgments, forward motion, things you are proud of, goals realized, blockbuster results, miracles, etc.)

Challenges:

1. What is challenging you now?
2. What are upcoming/impending challenges?
3. How will you know when you are successfully past these challenges?

Action items

1. Action items due since the last session?
2. Action items you would like to take now, carry forward, or commit now to doing?

What support do you need

1. From yourself?
2. From others in your life?
3. How can I help you within the boundaries of the coaching relationship?

What's next / where do we go from here?

Has anything significant happened that I should know, or that you would like me to know?