
Coaching Preparation Form

SUBMIT
When finished, click
here to email completed
form to Lucy.

Please fill this out and email it to me every week:

- *By 24 hours before each session – so I have time to consider your answers, and*
- *Also on the weeks when we don't meet – to keep up your momentum.*

1. Today's date:

2. What I've accomplished since last session:

3. Something I've learned:

4. Anything I'm concerned about:

5. Current opportunities to explore:

6. Anything I'm procrastinating on:

7. What I want to work on in our next session: