

# Coaching Session Prep Questions

Date: \_\_\_\_\_

1. What actions did I take since our last session? What were my successes?
2. What challenges am I facing?
3. What interesting things “just occurred”? What am I noticing, realizing, or learning?
4. Overall, how has my week been? How am I today, right now?
5. What am I looking forward to, committed to, or excited about?
6. What do I want to get out of the call this week? What is my focus?
7. What else do I want to tell you?