

Pre-session Reflection

Prepare briefly for a coaching session. For a first session, describe your current situation instead of changes since last time. You may skip questions that do not fit or discuss them with your coach.

1. What do you want to focus on?

- ☐ A decision
- ☐ A difficulty
- ☐ Something that worked
- ☐ A plan
- ☐ A relationship
- ☐ A habit
- ☐ Something else
- ☐ Not sure yet

2. What changed since last session?

3. What would make this session useful? Name one question or outcome you want to explore.

