

## WHAT'S ON YOUR COACHING MIND?

Date .....	Session Date.....	Next session .....
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### 10% PREPARATION (fill in before meeting)

What I ACCOMPLISHED since our last session:	What I wanted to get done, BUT DIDN'T:
CHALLENGES I am facing now:	OPPORTUNITIES that are available to me right now:

GOAL FOR THIS SESSION. I want to use this session to:

.....

### 80% IDEAS & TOPICS (fill in during session)

10% ACTIONS & LEARNING FOR FOLLOW UP. What I am committed to do by the next session:

..... by \_\_\_\_\_

..... by \_\_\_\_\_

..... by \_\_\_\_\_