

You may find it to be beneficial for you to spend a few minutes reflecting before your next session. This is helpful to you to track your progress and keep your focus. It also may help to save valuable session time. If you choose to, please complete and forward a copy to triunitycoaching@gmail.com prior to your session. If you do not wish to do so, we will discuss at the beginning of your session.

Client Name: _____ **Date:** _____

WHAT I HAVE ACCOMPLISHED SINCE OUR LAST SESSION...MY WINS OR VICTORIES

WHAT I DIDN'T GET DONE, BUT WANT TO BE HELD ACCOUNTABLE FOR

CHALLENGES I AM FACING RIGHT NOW

WHAT I AM APPRECIATIVE OF OR GRATEFUL/THANKFUL FOR?

HOW DO I WANT TO USE MY COACH TODAY AND WHAT DO I WANT TO GET OUT OF THIS CALL?

WHAT I COMMIT TO DOING BEFORE THE NEXT SESSION (may leave blank until end of session)