

### Coaching Session Prep Form

*Please send this as an email attachment at least 1 hour before our scheduled call time.*

Name: \_\_\_\_\_ Session Date: \_\_\_\_\_ Session Time: \_\_\_\_\_

Where am I on a scale of 1 to 10 in each of these areas:

Physical Health	Career Health
Spiritual Health	Financial Health
Emotional Health	Support Systems
Relationships Health	Clear and Able to Focus

My greatest win(s) since our last session:

This week, I'm grateful for:

Commitments I made to myself on our last call:

What happened around those commitments?

Challenges and Opportunities I'm Facing:

Lynne, today I want to focus on . . .