

CLIENT PREPARATION FORM

To enhance our results and focus our time together, please fill out the form below.
Email/message your responses 24 hrs prior to your coaching session.

Date: _____

1. How am I, right now? How has my week been? (Scale yourself 1 – 10, with 10 being fantastic)

2. What do you want to get out of our session today? What are you hoping for?

3. What have you been avoiding acknowledging in your life?

4. What is your deepest desire? If you could let go of, transform or experience one thing within yourself, what might that be?

5. What are you grateful for?

6. What else?

