

## Pre-Session Form

Preparing for the coaching session will allow you to optimize your results and our time together. Prior to the session you may wish to answer the following questions.

1. How was your week?

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2. What do you want to get out of our session?

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3. What actions did you take after our last session?

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4. What were your wins & challenges?

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5. What do you want to be held accountable for?

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6. What issues do you want to deepen in our session today?

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7. What else?

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