Preparatory journal

# NAME:

# Date:

This form helps you watch your progress, gives me an opportunity to keep up to date with you and to optimise our time together. The process of inquiry, reflection, learning and forward movement allows for greater continuity in our coaching relationship. Please take your time and answer the questions below and make sure you email it to me the day before our following session.

1. How am I today, right now? How have I been been since our last session?
2. What did I take away and discover about myself from our last meeting?
3. What action did I take and apply it as a result? What were my wins/challenges?
4. Which items of my to-do list did I achieve?
5. What else?
6. What is available to me right now?
7. What was my happiest moment since?
8. Which items of my to-do list I did not achieve?
9. What were my disappointments, if any?
10. Where did I limit myself, if at all?
11. Which are the challenges / problems I am facing now?
12. What issues do I want to focus and deepen during our session?