



Coaching Prep Form

*(To be completed and emailed **the day before** the coaching session)*

Name:

For session date:

What I have accomplished since our last call:

What I did not get done but want to be held accountable for:

What I seem to be struggling with/challenged by:

What I want us to focus on:

Record of commitments (Note during coaching session):

Please e-mail me 24-48 hours before our meeting!
Email: theshepherdsway@nexicom.net