



# Your Coaching Session

## Reminder List & Crib Sheet

### INSTRUCTIONS

- Each Coaching Session is special. It's a unique exchange of ideas, thoughts, questions, observations and reflections between you and your coach - so a session cannot be scripted in advance.
- This list is to help you prepare and make the most of your coaching session with ideas of topics you may want to discuss.

- **Feelings about...** self/others  
health  
work/career  
finances  
life/meaning  
attitudes/habits  
a recent experience  
what else?
- **Positive events...** achievements  
changes  
insights  
happiness/joy  
what else?
- **Other events...** disappointments  
decisions  
concerns  
what else?
- **Future events...** plans/commitments  
visits/meetings  
goals/ actions  
strategies to get there  
what else?
- **Areas to get help...** stuck  
missing/would like  
patterns/habits  
unsure about/confused  
fears and worry  
focus/motivation  
what else?

**If you like, write some ideas below or perhaps circle the areas above you might like to discuss:**

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