

**Personal Coaching
COMPLIMENTARY SESSION FORM**

Date: _____ Time: _____

Explain your understanding of coaching.

What would you hope to gain from working with a coach?

What accomplishments or measurable events must, in your opinion, occur during your lifetime so that you will consider your life to have been satisfying and well-lived; a life of few or no regrets? (tip: complete the phrase: in my life, I must have....)

What is the legacy you wish to leave in your work, in your family, in your community?

What are you most grateful for?

What are the top 3 things you wish to accomplish in the next 30 – 90 days?

1. _____
2. _____
3. _____

What are your top 3 strengths that will help you achieve these changes?

1. _____
2. _____
3. _____

Where do you get in the way of achieving these goals?

What subject do you want to address in our coaching session?

How will you know if coaching / this coach is right for you?
