

Linda C. Hedberg

Life & Leadership Coach Author, Speaker, Mentor

Session	Prep	Form
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Name:

Session Date:

How am I today, right now? How has my week been?

What do I want to get out of today's coaching session?

What have I accomplished since our last session?

What didn't I get done, but I still want to be held accountable for?

What challenges am I facing right now?

What am I grateful for today?