



Tactical coaching for life, leadership, and legacy

## Client Meeting Reflections Form

**Lead from the Front. Live with Integrity.**

---

**Name:**

---

**Date of Session:**

\_\_\_ / \_\_\_ / \_\_\_\_

**Next Session Scheduled:**

\_\_\_ / \_\_\_ / \_\_\_\_

---

**Purpose of This Form**

Use this form to capture your most valuable insights, breakthroughs, and commitments from today's coaching session. Reflection strengthens clarity, reinforces accountability, and helps you carry forward the progress you're making as a leader and as a whole person.

---

## **1. Key Takeaways from Today's Session**

What stood out to you? What insights, strategies, or realizations felt most important?

## **2. Greatest Impact or Breakthrough**

What made the biggest difference for you during this session?

## **3. Shifts in Thinking or Perspective**

What mental shifts, reframes, or new perspectives emerged for you today?

## **4. Commitments Moving Forward**

What specific commitments, actions, or personal standards are you choosing as a result of this session?

## **5. Additional Notes or Reflections (Optional)**

**If you would like support in staying accountable, email [sheepdogleadershipinfor@gmail.com](mailto:sheepdogleadershipinfor@gmail.com) this completed form to your coach.**

**Sheepdog Leadership Wellness & Coaching, LLC**

*Lead from the Front. Live with Integrity.*

