



Client Preparation Form

Preparing for your coaching session helps you get the most out of our time together. Please complete this form prior to each session. Reflect honestly and thoroughly — this is your opportunity to identify focus areas, celebrate wins, and recognize opportunities for growth. (To be completed and emailed to me the day **before** the coaching session)

Name: _____

Date: _____

How are you today, right now?

How has your week been?

What do you want to get out of our next coaching session?

What do you want to have clarity on by the end of our next session?

What actions have you taken since our last session?

What were your wins and challenges?

What didn't you get done but want to be held accountable for?

What challenges are you currently experiencing, and how have you handled them so far?

What didn't you get done, but intend to accomplish

What shifts, awareness, or 'ah-ha' moments have I had since our last session?

What else would you like to share with me?

© 2025 Sheepdog Leadership Wellness and Coaching, LLC

"Empowering you to live with clarity, conviction, and courage."

Coach Notes: