



COACHEE PREPARATION FORM

Don't judge each day by the harvest you reap but by the seeds you plant - Robert Louis Stevenson

Name:	Date:
<i>Please answer the following questions and email to shirley.ng@coach-infinity.com on the day before your scheduled coaching session. This will help you get the most out of each session.</i>	
1. What I have known, done, and/or felt differently since our last session	
2. What I should have done	
3. The challenges and obstacles I am now facing	
4. The opportunities or support which are available to me right now	
5. What I want to work on in our coaching session	