

Coaching Planning Sheet

Since Our Last Session

- What are you most proud of having done? (Way of handling something that you want to repeat)
- Breakthroughs, Growth, Perspective and Insights
- Any new opportunities or decisions made
- Status report/update of project/goals
- Personal News

Accomplishments, aha moments, successes since our last session:

What Do You Want To Move Beyond

- **How will you know that this coaching session has been of use to you?**
- What do you want to achieve today in your coaching?
- What do you want to achieve in the long-term?

The challenge/problem/obstacle I want to move beyond is ...

I want to use Shelley during the call to

What is Next?

- What is the next goal or project to take on?
- What is the next goal or distinction to get?
- What do you want for yourself next?
- What do you want to accomplish before our next session

What I intend to focus upon and/or am feeling inspired to do after this coaching session

