

Inner North Coaching

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Charting Your Course To Authentic Success Professional Coach for Life and Work

Coaching Appointment Update

(Note: This form can be accessed online at: <http://www.innernorth.com/coachingworksheet.htm>)

It can also be emailed to Coach prior to session) Email: wendy@innernorth.com

Name _____ Date _____

Top 3 Visions/Goals:

(keywords that remind you of the bigger vision)

1. _____
2. _____
3. _____

Today I need:

<input type="checkbox"/> Motivation	<input type="checkbox"/> Structure
<input type="checkbox"/> Encouragement	<input type="checkbox"/> Accountability
<input type="checkbox"/> Support	<input type="checkbox"/> Ideas/Creativity
<input type="checkbox"/> Resolution	<input type="checkbox"/> Feedback
<input type="checkbox"/> Inspiration	<input type="checkbox"/> Other _____

For first 5 minutes of session:

1. How am I today? Anything I need to clear/discuss so I can focus fully on this session?

2. Today I am grateful for:

3. My focused intentions or goals since last session were?

4. The outcome since last session: (Accomplishments, Wins, or Surprises and also Distractions and Derailments, or Disappointments)

5. Where do I want to focus this session? My intended outcome from this session is?

This relates to vision # ___ above.

6. Additional updates or thoughts that might be helpful for this session.