

## In Preparation for the First Coaching Session

Please e-mail your your coach your responses to to the following questions before your first coaching session.

What are 10 things I that you'd like me to know about you and your setting?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

What do you want to be able to say about yourself, your situation, or your setting, three months from now that you are unable to say right now?

What would you like to be celebrating one year from now?

What would you like to be celebrating three years from now?

Why are the goals/dream listed above important to you?

What is holding you back from living into your preferred future? What keeps getting in the way?

What is one simple thing you can do now, or in the very near future, to align your actions with your goals?

