



THE WELLBEING ACADEMY, LLC

Session Preparation Form

MY NAME: _____ TODAY'S DATE: _____

To get the most out of your mentoring, training or coaching session, it is best to spend several minutes preparing for it. Please email or fax a completed copy before your session to your mentor, trainer or coach.

WHAT I HAVE ACCOMPLISHED SINCE OUR LAST SESSION...MY WINS OR VICTORIES

WHAT I DIDN'T GET DONE, BUT WANT TO BE HELD ACCOUNTABLE FOR

CHALLENGES I AM FACING RIGHT NOW

WHAT I AM APPRECIATIVE OF OR GRATEFUL/THANKFUL FOR IN MY LIFE?

HOW DO I WANT TO WORK WITH MY MENTOR, TRAINER OR COACH TODAY AND WHAT DO I WANT TO GET OUT OF THIS CALL?

WHAT I COMMIT TO DOING BEFORE THE NEXT SESSION INCLUDES THE FOLLOWING:
