Awakenings

Session Focus Questions Date: / /

To get the most out of each coaching session, take a moment to intentionally create how you want to use your time with me in our next meeting. Approximately 24 hours prior to our appointed time, please email me the answers to these questions.

- *What do I want the focus of this coaching session to be?*

- *What feelings, breakthroughs, insights or changes in thoughts and beliefs have I had since the last session?*

- *What have I accomplished since the last session towards my 90 day intentions?*

- *What challenges, opportunities or obstacles am I facing at the moment?*

- *What actions am I ready to take next?*

- *What feedback do I want to give Karen?*