

# Rosen Coaching

*Why just survive when you can thrive?*

## Pre-Coaching Preparation Form

Name \_\_\_\_\_ Date \_\_\_\_\_

**1. What action(s) did I take since our last session?  
What were my wins/challenges?**

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**2. How am I today, right now? How has my week been?**

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**3. What do I want to get out of the call this week? What is my focus?**

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**4. What progress have I made towards immediate goals or primary focus?**

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**5. What else do I want to tell you?**

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