



# Coaching Session Preparation Form

*with* **Coach Shannon Parish (720) 984-9355**  
www.CompletedPeople.com / Shannon@CompletedPeople.com

Please return by email at least 24 hours before your coaching session.

Name:

Date of next session:

Session Time:

**My successes since our last session:**

**Challenges, roadblocks for me this week in making the changes I had planned to make:**

**These are the additional support/resources I discovered I need in order to achieve my current goal:**

**I want to use my coaching during this next session to:**