



Create a Vision Coaching

Coach Nikki Brown

Taking a few moments after your session to reflect and “debrief” will often help to increase the value of your coaching time. As you answer the following questions, you may gain new or deeper insights into things we have discussed or even have completely new ideas or thoughts come to you. Be sure to write these down. Keeping track of how you grow through coaching may help you to make faster or more meaningful progress toward your goals.

Instructions:

Immediately after your coaching session, take some time to reflect and answer the following questions. You may choose to write your answers out longhand in a notebook or journal or you may just type in this form and print them out. I do recommend you keep a record of your answers as you progress through your coaching sessions. It is often helpful to go back to earlier sessions to see what kind of progress you have made. You are always welcome to share any or all of your answers with me. I respect your decision either way.

1. What did I discover or learn about myself in today’s coaching session?
2. What action(s) do I feel motivated to pursue before my next coaching session?
3. What is the benefit of accomplishing these actions?
4. What is the cost to me if I do not accomplish these actions?
5. What level of commitment do I have to my growth and development right now?
6. What other thoughts, feelings, ideas, or inspirations have come up for me as I reflect on this coaching session?

