



# *Create a Vision Coaching*

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Taking some time to prepare before your coaching session will allow you to gain the most benefit possible from our time together. Before our next session, write down your answers to as many of the following questions as you can. You might find it helpful to share your answers with me. That choice is always up to you. If you do choose to share this with me, it will be most beneficial if you can send your answers to me 24 hours prior to our next session.

1. What action(s) did I take since our last session?
2. What were my “wins” since our last coaching session?
3. What have been my challenges since our last coaching session?
4. How am I (physically/mentally/emotionally/spiritually) right now?
5. What would I like to focus on in my coaching session this week?
6. What progress have I made towards my goals or primary focus this week?
7. What else do I want to share with my coach this week?