Inherent Excellence™

Client Pre-Session Worksheet

Date/Time/Length: _____/_____/_____

How I want to use my time today:

_____
_____
_____
_____

My Intent for this session is to:

_____
_____
_____

How does my intent fit in with my overall goals?

_____
_____
_____

Reporting (on previous session accountability, inquiry, etc.):

_____
_____
_____

Celebrations, Insights, Challenges, Opportunities:

_____
_____
_____

Design the Alliance with my coach:

_____
_____
_____

That which I choose to be accountable for next session:

_____
_____