



# LEADERSHIP COACHING PREP FORM

DATE:

## **This week**

- Accomplishments/highlights since last week
- I am grateful for
- My time with Jesus has been
- My challenges or energy drainers I am facing
- What has been a challenge for you?
- How I did on the things I committed to in our previous session.

## **Instructions to complete:**

1. Copy and paste these questions to the top of this page to complete (always keep a blank one at the bottom to cut and paste next for the next session.)
2. Complete the copied prep sheet at the top of the page 24 hours or more before your next session. Email me to let me know it's complete.

---

## **ACTION STEPS THIS WEEK**

Journal daily: Present Over Perfect

Reflect on: Scripture

Listen to: Worship daily

Gratitude: 5 things

Self care: Daily