Pre-Coaching Session Reflection and Update

1. **What do I want to celebrate about accomplishing since the last time we met?**
2. **What do I want to celebrate about *attempting* to accomplish since the last time we talked?**
3. **What programs, projects, or events are active for me right now?**
4. **What are the challenges I am faced with right now?**
5. **What do I want to use this coaching session for today?**