**Client Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- |
| 1. What specifically have I achieved during the coaching period?  (review your goals, achievements and successes) |
|  |
| 2. How am I different / What am I doing differently as a direct result of coaching?  (think broadly) |
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| 3. What are my top 3 goals and dreams in life right now?  (personal AND work) |
|  |
| 4. What are my top 5 priorities in life as I now understand them? |
|  |
| 5. What limiting beliefs have I let go of? (eg. about myself/life/others) I NO LONGER BELIEVE: |
|  |
| 6. What positive new beliefs do I have? (eg. about myself/life/others) I NOW BELIEVE: |
|  |

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| --- |
| 6. What specifically have I learned about myself? (that I perhaps haven't mentioned yet) |
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| 7. What have I learned during this coaching or program that I will carry forwards in life? |
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| 8. What has been the best bit of the coaching for me? |
|  |
| 9. What are the best things about my life? |
|  |
| 10. What ONE piece of advice would I give myself to take forwards? |
|  |
| What else would I like to note down that would be useful to me going forwards? |
|  |

**Once You’ve Completed Each Session Please Submitt vía Email**

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Please write down any other observation or comment if necessary.