

COACHING SESSION 1

BEGIN WITH GRACE AND GRATITUDE



GOAL

Daily gratitude practice

Start your gratitude journal

DID YOU ACHIEVE YOUR GOAL?

WHAT HELPED YOU MOST?

WHAT WENT WELL DURING YOUR SESSION?

WHAT DIDN'T GO SO WELL?

WHY?

WHAT DID YOU LEARN ABOUT YOURSELF?

WHAT ACTION CAN YOU TAKE TO IMPLEMENT WHAT YOU HAVE LEARNT?

WHAT SUPPORT DO YOU NEED?