

# 'CHECKING-IN'

J. CURRIE 

Name: ..... Date: .....

Please answer the questions below:

- |  |     |   |     |   |      |
|--|-----|---|-----|---|------|
|  | Low |   | Avg |   | High |
|  | 1   | 2 | 3   | 4 | 5    |
1. How HELPFUL is the Coaching in moving you towards your goals?  
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.....
2. What steps have you taken as a result of coaching this month?  
a. ....  
b. ....  
c. ....
3. What HAVEN'T you done yet?  
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.....
4. What was the most USEABLE SUCCESS STRATEGY you gained this month?  
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.....
5. What was your FAVORITE exercise or topic discussed?  
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6. What challenges are you facing in the coming month?  
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7. What SUPPORT will you require moving forwards (from anyone in your life)?  
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8. What IMPROVEMENTS could you suggest to the Coaching or Program? i.e. Order of things covered/  
discussed, what to add or remove, to do differently or explain better?  
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- |  |     |   |     |   |      |
|--|-----|---|-----|---|------|
|  | Low |   | Avg |   | High |
|  | 1   | 2 | 3   | 4 | 5    |
9. How HELPFUL is the Coaching in moving you towards your goals?  
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10. REVIEW what you have learned so far and write down your own SUCCESS STORY. Consider what you were hoping to resolve or improve through Coaching, what you have liked best about Coaching, how you FEEL as a result of Coaching or any specific results you have had as a result of Coaching.  
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"WEATHER YOU THINK YOU CAN OR THINK YOU CAN'T..... YOU'RE RIGHT!"  
~HENRY FORD