



DREAMNUTRIC™

PRE-SESSION REFLECTION

A preparatory worksheet to help
clients clarify their goals and
aspirations before the first session.



PRE-SESSION REFLECTION WORKSHEET.

Self-reflection is a powerful tool that allows us to approach coaching sessions with greater clarity, intention, and focus. Before our first session, this Pre-Session Reflection Worksheet will help you think about what you want to achieve, where you're starting from, and how coaching can support your journey. Taking the time to reflect on these questions can set the stage for meaningful growth and allow us to begin our work together with clear, purposeful goals.

Instructions:

Take some quiet time to answer the questions below. There are no "right" or "wrong" answers—just your honest reflections. Your responses will provide valuable insights into your current situation, goals, and any obstacles you may be facing. Feel free to bring the completed worksheet to our first session, or email it to me in advance if that's easier for you.

Pre-Session REFLECTION

1.

What brings you to coaching?

2.

What are your main goals for our coaching work together?

3.

What values or beliefs are most important to you?

Pre-Session REFLECTION

4.

What areas of your life are you most satisfied with, and why?

5.

What areas of your life feel most challenging right now?

6.

What obstacles do you feel are holding you back from reaching your goals?

Pre-Session REFLECTION

7.

How would you describe your ideal outcome for coaching?

8.

Is there anything specific you'd like us to know as your coach?

Making the Most of This Reflection

Completing this worksheet isn't just preparation; it's a chance to gain deeper insight into what you truly want and need from coaching. The clearer and more honest you are in your reflections, the more rewarding and tailored our work together will be, allowing us to focus on what truly matters to you.

By starting with these reflections, you're already taking a meaningful step toward growth and transformation, and I look forward to exploring these insights with you.