

Weekly COACHING CONNECTIONS

Name _____

Date _____

1: Review prior week

- How do you think your week went? *(Reinforce positives.)*
- What went well? *(Reinforce positives.)*
- What (if anything) would you do differently?
- Gather information on a tracking form. *(Monthly Activity Calendar and Weekly Activity are options.)*

2: Set plans for this week

- What do you want to accomplish this week? What is your next goal?
- What is your current reality in this area? Where are you right now?
- To reach your goal, what are your options? What can you do?
- What two or three specific action steps will you take before we talk again?
- When will you take these action steps?
- Who will be a part of making this happen? Who will you contact?
- How will you do this? What will you say?
- What help do you think you'll need?