

# *Remmers Coaching*

## Questions for Reflection

Please answer these questions *before each coaching session* and send me a copy the day before our meeting.

**Name:**

**Date:**

What have you been thinking about, wrestling with, or trying out since we last met?

What's a win that you've had?

What moved you forward?

Where are you feeling stuck?

What's holding you back?

In our next meeting, what would you most like to explore together?

Why is that important right now?