# Coaching Wrap-up Session

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**YOUR COMPANY NAME/LOGO**

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**Client Name:** ___________________________  **Date:** ________________

1. **What have I achieved during the coaching period?** (think broadly)
   1. 
   2. 
   3. 

2. **What specifically have I achieved or am doing differently as a direct result of the coaching?** (review goals here)
   1. 
   2. 
   3. 

3. **What are my top 3 goals and dreams in life right now?** (personal AND work)
   1. 
   2. 
   3. 

4. **What are my top 5 priorities in life as I now understand them?**
   1. 
   2. 
   3. 
   4. 
   5. 

5. **What limiting beliefs have I let go of (eg. about myself, life, others)?**  **I NO LONGER BELIEVE:**
   1. 
   2. 
   3. 

6. **What positive new beliefs do I have (eg. about myself, life, others)?**  **I NOW BELIEVE:**
   1. 
   2. 
   3. 

7. **What specifically have I learned about myself?** (that I perhaps haven’t mentioned yet)
   1. 
   2. 
   3. 

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**Email:** you@yourwebsite.com  
**Phone:** your phone number  
**Your Company Name**  
**www.yourwebsite.com**
8. How is my life different as a result of the learnings I have made during the coaching period? What have I learned that I will carry forwards in life?

1. 

2. 

3. 

9. What has been the best bit of the coaching for me?

1. 

2. 

3. 

10. What are the best things about my life?

1. 

2. 

3. 

11. What else would I like to note down that would be useful to me going forwards?

1. 

2. 

3.