# Pre-Session Self-Observation

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| Coach: |  |
| Client: |  |
| Date: |  |
| AR time(s): |  |

1. What PBC/ICF competency and/or habit will I pay attention to in this session?

2. What’s my specific outcome around it/them?

3. What’s my mood right now?

4. How have I prepared for this session?

5. Relevant awareness/actions for me to practice during the session:

# Post-Session Self-Observation

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| Coach: |  |
| Client: |  |
| Date: |  |
| AR time(s): |  |

1. What did I notice about my chosen PBC/ICF competency and/or habit?

1. What was the learning, and the result of paying attention to that competency/habit?
2. What’s my mood right now?
3. How did I lose focus or get off track and what will I do differently next time?
4. What happened in the session that surprised me?
5. Notable action items for my learning going forward: