

Self Coaching Session Form - for client led session Worksheet

Schedule regular self-coaching sessions initially, then gradually decrease over time & as appropriate.

Name	Session
	Date

Rate your Mood: (0 – 10 or %)

How am I feeling today

Homework:

See if the homework has been done or not

Maintain a Journal/Diary:

Check the journal or the diary in which thought or behaviour log is being maintained

Skills or exercises:

Skills and exercises that I need to practice and have been practicing

Any issues faced while doing the exercises:

Agenda of the current Session:

Set the agenda, Prioritise – what’s most important for you to cover today? What would you like to focus on?

New techniques for the next week:

Any new relaxation techniques, or CBT, and journaling, that you might utilize

Actions to be done, to see the anticipated change.