



Pre Call Reflection Worksheet

A short exercise to get you ready

Ken Altenbach Coaching

Pre-Call Reflection Worksheet

This isn't homework. It's a mirror.

Use this worksheet to gather your thoughts before your gifted coaching session with Ken Altenbach. You don't need polished answers — just honest ones. What you write here stays between you and your coach.



Section 1: About You

(Short answers)

Name:

Role or Title (optional):

What prompted you to explore coaching at this time?



Section 2: Where You Are Now

1. What's currently working well for you, professionally or personally?

(List one or two things that feel aligned or positive.)

2. What's feeling unclear, frustrating, or off-track?

(Describe anything that feels stuck or misaligned.)

3. If you had to name the core challenge or question on your mind, what would it be?

(One sentence is enough. Example: "What's next?" or "Why does success feel disconnected?")



Section 3: What You Want to Explore

4. What would feel meaningful to walk away with from this session?

(Examples: clarity, insight, energy, direction.)

5. What have you already tried to address this? What was the result?

(Optional)

6. Is there anything you'd like your coach to know before the session?

(This could include context, mindset, or specific goals.)



Section 4: Personal Readiness (Optional)

Check any that apply to how you're approaching this session:

☐ I'm open to being challenged with honesty and respect

☐ I want clarity more than comfort

☐ I'm not here to perform

☐ I'm ready to speak plainly about where I really am



Next Step

You can bring this with you to the session, or simply use it to reflect beforehand. Either way, this conversation starts with where you are, not where you're supposed to be.

Book Your Session