

**MISSIONAL
FORMATION
COACHING**

**Monthly Reflection Worksheet
(for the coachee)**

Month _____

1. PRAY

Pray "Come, Holy Spirit!"

2. CELEBRATE

What are some of the things that am I thankful for in my life, family, and church?

3. REVIEW

What are some of the significant things that have happened since my last coaching session?

4. REFLECT

What are the challenges, shortcomings, or areas that I need to focus on during my next coaching session?

5. RESOLVE

What actions do I need to take before my next session?
