One-on-one

Name:

What's the most important thing we need to discuss today?

What have you accomplished since last we met?

What do you plan to accomplish before we meet next time?



WORKSHEET – PAGE 1/2 THE CHECK-IN METHOD™ © CHECK-IN TO THRIVE 2023

One-on-one

What challenges are you facing right now?

How can I better support you?





WORKSHEET – PAGE 2/2 THE CHECK-IN METHOD™ © CHECK-IN TO THRIVE 2023