Weekly Coaching Call Prep Form

Instructions:

1. *Schedule time to fill this out before each session.*
2. *Email the form to me before your session.*
3. *Have form in front of you during your session.*
4. *Fill out last question during or immediately after your session.*

Date: _____ **Session #:** ____

What have you accomplished since we last spoke?

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What did you want to accomplish, but did not for whatever reason?

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What opportunities are now available to you?

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I want to use my next coaching session to:

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-

Fill out this last question during or immediately after the session.

What 1-3 actions do I agree to take before my next session?

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