

You will get more out of your coaching session if you will fill out this form and email to me before your session. Please allow several hours for transmission.

1. THIS WEEK'S HIGH POINT (S):

2. THIS PAST WEEKS LOW POINT (S):

3. WHAT I HAVE ACCOMPLISHED SINCE OUR LAST CALL:

4. CLEAN SWEEP SUCCESSES:

5. WHAT I DID NOT GET DONE AND HAD INTENDED TO DO:

6. INSIGHTS:

7. THE CHALLENGES AND PROBLEMS I AM FACING NOW:

8. THE OPPORTUNITIES WHICH ARE AVAILABLE TO ME RIGHT NOW:

9. I WANT TO USE MY COACH DURING THE CALL TO:

10. MISCELLANEOUS THOUGHTS/IDEAS

11. NEXT STEPS / WHAT I INTEND TO DO BY THE NEXT CALL:

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