



Coaching Call Prep Form

To ensure you get the most out of our time together, please complete this **Coaching Call Prep Form** before each session. Email your responses to tracye@psalm119-105coaching.com at least **1–12 hours** prior to your scheduled session. Taking a few minutes to reflect and answer these questions will help you organize your thoughts, stay focused, and maximize the value of your coaching experience.

My Name:

Phone number:

My email address:

Coach, I will call you for our coaching session on the following scheduled date/time:

Date:

Time:

Time Zone- EST:

CST:

MST:

This week, I'm most grateful for:

The "win" I most want to acknowledge this week is:

The actions I committed to from my previous session were:

My progress and results on those actions are:

What I learned since last session:

In order of priority, during this coaching session from you I want:

1.

2.

3.

You should know today that:

The opportunities I am facing:

The challenges I am facing:

The one question I hope you won't ask me:

Actions I am procrastinating about:
