



## Call Prep Form

Please answer the following questions and return to your coach 24 hours before your next coaching session. This form will help you to get the most out of your upcoming session.

**Name:**

**Session date & time:**

- 1) Actions I've taken since our last call:
  
- 2) Great things that have happened since we last spoke:
  
- 3) Challenges I've experience since our last call or am now facing:
  
- 4) Any other relevant updates:
  
- 5) New opportunities available to me at this time:
  
- 6) How my coach can best assist me on my upcoming call:
  
- 7) What I'm most grateful for this week:
  
- 8) Random things that make me happy: