



Jodie's Life Coaching

Prep Sheet

You will get more out of your coaching session if you complete this form and email it to me prior to our call. You may also copy and paste this form to a new email and respond directly under the question.

1. WHAT WAS THIS PAST WEEK'S HIGH POINT (S)?
2. WHAT WAS THIS PAST WEEKS LOW POINT (S)?
3. WHAT I HAVE ACCOMPLISHED SINCE OUR LAST CALL....
4. WHAT I DID NOT GET DONE AND HAD INTENDED TO DO....



5. **INSIGHTS...**

6. **THE CHALLENGES AND PROBLEMS I AM FACING NOW....**

7. **THE OPPORTUNITIES WHICH ARE AVAILABLE TO ME RIGHT NOW...**

8. **I WANT TO USE MY COACH DURING THE CALL TO....**

9. **MISCELLANEOUS THOUGHTS/IDEAS/what I'm grateful for...**



10. ASSIGNMENTS / WHAT I INTEND TO DO BY THE NEXT CALL