

## **COACHING CALL (CLIENT PREP FORM)**

*GET THE MOST OUT OF YOUR COACHING CALL BY PREPARING FOR IT.*

CLIENT INSTRUCTIONS: Please respond to each question in the space provided.

### **WHAT I HAVE ACCOMPLISHED SINCE OUR LAST CALL**

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### **WHAT I DIDN'T GET DONE, BUT INTENDED TO**

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### **THE CHALLENGES AND PROBLEMS I AM FACING NOW**

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### **THE OPPORTUNITIES WHICH ARE AVAILABLE TO ME RIGHT NOW**

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### **I WANT TO USE THE COACH DURING THE CALL TO...**

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### **WHAT I PROMISE TO DO BY THE NEXT CALL**

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