# Coaching Call Preparation Form

*“Definition of Success is to live your life in a way that causes you to feel a TON of pleasure and very little pain – and because of your lifestyle, have the people around you feel a lot more pleasure than they do pain.”*

Please submit your completed form 24hours before your session.

Name:  
Date of next session:

1. Please list the goals that you wish to achieve within our time together. (create lines more if needed)
2. What actions have you taken since our last call to get closer to your goals?
3. What new opportunities and positive results have opened up? (What benefits have I gained)?
4. Challenges I have experienced since our last call or am facing now?
5. What do I specifically want us to focus on during my next call?
6. What am I enjoying most about my coaching? What can be done to improve my coaching at this point?