



COACHING CALL PREP FORM

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

Name:
Date

Instructions: The content of for our sessions will largely be driven by the issues that you bring to the table. But if you're not sure where to start, we'll figure it out together on the call.

Reviewing these questions in advance will make it easy to prepare for our conversations. Answering them will also you the equivalent of an extra 10 minutes on your call- because we'll be able to hit the ground running.

You can either email your answers to me, or just review the questions mentally before the call.

Remember, **"All progress starts by telling the truth."** If you're not producing the results you want so far, don't exacerbate the problem by burying your head in the sand. I'm here to *support* you in getting what you really want- not to judge your results.

The Questions:

1. *What is your revenue goal for this year?*
2. *Not counting this month, what was your revenue for the last 3 full months?*
3. *On a scale of 1-10, how excited are you about your business at this moment?*
4. *Were you able to complete the action items you set at the end of our last coaching call?*
5. *What are the most important things for us to discuss this week (progress on goals, vision, time management, marketing, stressors, mood management, frustrations, opportunities)?*
6. *What do you want to walk away from this session with (clarity, strategies, feedback, validation, advice, objectives etc.)?*