

LOVING WITHOUT BOUNDARIES

Coaching Preparation Form



NAME(S):

ACTION: When completed, email this form to: clients@lovingwithoutboundaries.com.

The way we prepare for the session is what makes the difference. Fill out this prep form, set an intention, be willing to have a breakthrough, and come undistracted for the call! That puts you on the super highway (vs. thinking "I don't know what I want"!)
Feel in your heart that you had the breakthrough before you get to the call!

- **Show up to win!** Be in a quiet place where you can focus and take notes.
- **Please show up on time.** You will be held in the Zoom waiting room until your coach is ready for you!
- Your coaching session is **60 minutes** long. We will be keeping to the time. Come prepared and ready to rock!
- There is a **24 hour cancellation policy.** Any cancellations outside of 24 hours will be counted as completed.
- You must **complete your coaching support sheet form 24 hours before your coaching session** or your session will be forfeited.

Specific actions I committed to on my last call: *(Leave blank if first call)*

This should be a record of the specific, measurable, time specific actions you committed to taking. They should not say something like "read more". They should say; "read at least 3 chapters of Book Title X by (date)".

Actions I have taken since my last call: *(Leave blank if first call)*

You should have a comment that relates to each of your commitments as to whether it was achieved, and to what degree or not. You may have more actions than you committed to! You are always welcome to be an overachiever! This is where we discover patterns, and any adjustments we need to make.

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What are your biggest wins, new opportunities, and positive results of actions taken since our last call:

This is where you record what benefit you noticed as a result of your actions if any. Also record any new opportunities that have appeared in your life. Keep a journal of your successes and magic moments. Celebrate your victories. Documenting builds momentum and will start to condition your wins and expand your identity.

What challenges did you experience and what lessons were learned since our last call:

This is where you describe what got in the way of your success, as well as what you learned along the way that you can take with you into the future. This is where we notice any patterns, and any adjustments we need to make.

What specifically do you want to focus on during our upcoming coaching call?

Outcomes for next call. (what do you need from this call to move you forward on your goals?) Developing the skill of always knowing your outcome is essential in our work together. If you don't know what you want, how can you ever expect to get it? Look to your goals to guide you in choosing an outcome. What are your next steps? (you may need help deciding!) What obstacles might you encounter? (you may need help strategizing) What needs handling? Determining the outcome for each call is your responsibility. Only by lifting this weight can you expect to develop this muscle! REMEMBER: Come to the call resourceful, and with the expectation of having a breakthrough. START NOW!!