

# Session Preparation Form

(Use this form each week to focus our session.)

Date: \_\_\_\_\_ Call Time: \_\_\_\_\_

Next Call Time/Date: \_\_\_\_\_

At your scheduled time, call Bonny at **202.544.0733**.

**Suggestion:** Before our next coaching session, respond to each of the following questions, then copy and email it to me or fax it to 1.866. 821.9386.

Keep a copy in your Coaching folder so you can use it during your session.

Where I am on a scale of 1-10 in each of these areas:

	Finances		Emotions
	Environment		Nurturing
	Peace and Joy		Physical Health
	Recreation		Relationships
	Self Esteem		Spirit
	Using My Tools		Work Life

My greatest win(s) since our last session:

This week, I'm grateful for:

Commitments I made to myself on our last call:

What happened around those commitments:

Challenges & opportunities I am facing:

Bonny, what I want to focus on with you today:



**Use this form, to focus your thoughts and to track your progress.**

**Let's make good choices together!**

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