



Coaching Call Preparation Sheet

A crucial component of the Principle Centered Coaching Program™

Please fax this to _____ before calling me at our agreed upon time.

My greatest accomplishments since our last call:

- ▶
- ▶
- ▶

What I am most grateful for/proud of this past week:

- ▶
- ▶

What I wanted to get done but didn't:

- ▶
- ▶
- ▶

The challenges/problems I am facing now:

- ▶
- ▶
- ▶

The opportunities available to me this week:

- ▶
- ▶
- ▶

What I would like to discuss during my coaching call is:

- ▶
- ▶
- ▶

What I am committed to doing by our next call:

- ▶
- ▶
- ▶