**Pre-Call Prep Form**

Instructions: **This is to be used BEFORE every session.**

Before each coaching session, please respond to each of the following questions.   
This will help you to get the most out of our call. I suggest you save this as a master, and work from copies each week. When you have completed this, please e-mail to [info@AttractPositiveResults.com](mailto:info@AttractPositiveResults.com) at least 24 hrs prior to our session. It will expedite our work and help me to help you in the best way possible!!

Name:

1. What are at least 3 specific positive actions or experiences since our last session/or last week?
2. What were any wins you experienced this week?
3. What were any challenges you faced this week?
4. What is the main focus you want to approach in this week’s session/why?
5. What will you gain by working on or progressing in this topic/area?
6. Anything else you would like to tell me?