

My Life Purpose Coaching Session Preparation

Client Name: _____

Prepare this form before each call. Clients frequently report that they are amazed as they realize their successes while filling out the form—and they have a record to reread later.

We can conduct the session without the form, but clients who are **intentional** in preparation get the most phenomenal results. Consider using the form to track successes and desired results through the week—it will take less time to complete the form.

I respectfully request that you mail the form to me the day before the session so that I have time to read it and be prepared. Once sessions have begun for the day, I may not have time.

Call Coach Suzi Elton at 425-355-7094					Coach's Email: selton@compuserve.com														
Coaching Session Date:					Time:														
What results do you want from this coaching session? (Give me enough information so that at the end of the session we are both clear that you have gotten the results you specify.) ■ ■																			
What specifically can your coach provide so that you will be 100% satisfied with this call? (The purpose here is to “grow your muscle” of asking for exactly what you want. Be as clear as possible. It might be, “I want a cheerleader... support...feedback...to cry and feel like somebody cares...coaching on standing up for myself...or anything you can identify.) ■ ■																			
What issues do you want to focus on during this call? (Identify where you want the coaching session to be focused. This helps your coach partner with you to keep us on track.) ■ ■																			
Cost of Coaching Is the cost of coaching a consideration for you? If so, how much of an increase in income do you need to have to be comfortable, and 1000% committed to continuing coaching for a full year, without worry?																			
Current Monthly Income: \$					Increase Needed: \$														
SCORECARD In the following four sections, report your progress. Don't turn it into a long and complicated process—Just report as quickly and simply as you can. The object is to keep a record of progress in these areas, and the relationship between your efforts and your successes.																			
Money					Work/Career														
Increase in income since last call. (Quantify any increase in income.)					Did you maintain focus on improving work/career?														
Did you maintain focus on increasing income?					Did you experience wins, growth, aha's, successes in work/career?														
Rate yourself on the scale below about your actions and commitments on increasing your income. Put an X below the percentage that represents your efforts.					Rate yourself on the scale below about your actions and commitments on improving your work/career. Put an X below the percentage that represents your efforts.														
10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

Play										Relationship(s)									
					Did you dedicate time to free play?										Did you dedicate time to relationship?				
					Did you keep your focus on including play in your life?										Did you keep your focus on including relationship time in your life?				
Rate yourself on the scale below about your actions and commitments on including play in your life. Put an X below the percentage that represents your efforts.										Rate yourself on the scale below about your actions and commitments on making time for relationships. Put an X below the percentage that represents your efforts.									
10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
What did you get done?																			
<ul style="list-style-type: none"> ▪ ▪ ▪ 																			
What didn't you get done, but intended to? Why didn't you do it, and is it still important? (If it is not still important, are you releasing it?)																			
<ul style="list-style-type: none"> ▪ ▪ 																			
What opportunities are available to you now? What are you plans to pursue them?																			
<ul style="list-style-type: none"> ▪ ▪ 																			

New Commitments/Accountability (Write down any commitments you intend to accomplish until our next call. Put them in order of priority.):

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