How to Get the Most Out of Your Coaching Call

What you can do between calls.

Your "Happy Homework"

♥ Pick out a new Assessment Tool and take it
♥ Establish clear goals based on your needs and values
♥ Focus and take the next step on one of your goals
♥ Change a behavior
♥ “Stretch” — Do something a little differently than usual or do something new
♥ Relax and have fun!
♥ Remove sources of stress in your life (things you are tolerating)
♥ Send your Coach e-mail!
♥ Redesign how you spend your time
♥ Practice extreme self-care — treat yourself better
♥ Look at assumptions/decisions/beliefs that are no longer working for you
♥ Tell yourself the absolute truth
♥ Eliminate a trigger of some behavior that is adrenaline driven
♥ Get the support you need to handle a problem
♥ Eliminate something on your Toleration List
♥ Keep yourself emotionally, intellectually and physically well

What you can do 24 hours before your call:

E-mail me the answers to these questions:

1) What commitments did I make to myself on our last call?
2) What successes and wins did I have since our last call?
3) What interesting things "just occurred"?
4) What things didn’t get done?
5) What challenges, opportunities or obstacles am I facing right now?
6) What do I want the focus of my coaching call to be?

(Note: feel free to change your mind about this at any time!)

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