

“Life Coaching with Pamela”
Coaching Call Preparation Form
Please E-mail 24 hours prior to Coaching Call
counselorpamela@hotmail.com

Name: _____ Call Date/Time: _____ Next Call: _____

What I have accomplished since our last call (Wins/Successes):

*
*
*

What I wanted to complete, but did not:

*
*
*

The challenges/problems I am facing now:

*
*
*

The opportunities which are available to me right now:

*
*
*

Pamela, what I want to focus on during this coaching session is:

*
*
*

What I am committed to do by the next call (to be decided during coaching session):

*
*
*

Please file this in your Coaching Folder.