



ShedWater

**PRE-COACHING CALL PREPARATION FORM**

WHAT I ACCOMPLISHED SINCE OUR LAST CALL

WHAT I DIDN'T GET DONE, BUT INTENDED TO

THE CHALLENGES AND PROBLEMS I'M FACING NOW and/or HOW I WANT TO USE THIS CALL

AVAILABLE OPPORTUNITIES and/or INSIGHTS AND BREAKTHROUGHS

ASSIGNMENTS/WHAT I PROMISE TO DO BY THE NEXT CALL