

# Weekly Coaching Calls Worksheet

Name \_\_\_\_\_ Date \_\_\_\_\_

- How do you think your week went? (Reinforce positives.)
- What went well? (Reinforce positives. Focus on what's controllable.)
- What (if anything) would you do differently?
- If not completed prior to the call, gather information for her Activity Sheet or Calendar.
- What do you want to accomplish this week? What is your next goal?
- To reach your goal, what two to three specific action steps will you take before our next call?
- When can you take these action steps?
- Who will be a part of making this happen? Who will you contact?
- How will you do this? What will you say and/or do?
- What help do you think you'll need?