

## Ready, Set, Grow! Coaching Call Prep Form

Fax or email to Barbara at least 1 hour before our scheduled call time.

Name Today's Call Time/  
Date Date

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Call Barbara at 409-846-6337

Next Call Time/Date

Where I am on a scale of 1-10 in each of these areas:			
Physical Health		Career	
Daily Delicious Habits		Finances	
Emotions		Financial Independence	
Relationships		Nurturing Environment	
Spirit		Recreation	
Peace and Joy		Self Esteem	

My greatest win(s) since our last call:

This week, I'm grateful for:

Commitments I made to myself on our last call:

What happened around those commitments:

Challenges & opportunities I am facing:

Barbara, what I want to focus on with you today:

# Wind Beneath Your Wings

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