

Review!
Post-Call Recap Form

Fax or email to Barbara within 24 hours after our coaching call.

Name	Today's Call Date	Next Call Time/Date
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My greatest insight/how I evolved during our call:

Commitments I'm making to myself:

Systems, Habits, or Programs I'm working:

Questions or ideas I'm still thinking about that we didn't discuss:

Hold me accountable on:

Barbara, you committed to:

The thing you said or asked during our call that impacted me most and/or What worked well for me:

What I'd like you to do differently/more/less:

Wind Beneath Your Wings

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