



# Sacred Odyssey

Discover the richness of your soul's path

## My Notes, Promises, and Commitments

*(Please fill out during your coaching session & then send to your coach after your coaching session)*

### My Key Learning's in Today's Coaching Session:

### Promises I Am Making to Myself and My Coach:

- 1.
- 2.
- 3.

### What I Will Do &/or Accomplish to Forward My Created Future this Next Week:

*(I Request that My Coach Hold Me Accountable for these Intended Accomplishments During My Next Coaching Session)*

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_