



Sacred Odyssey

Discover the richness of your soul's path

Coaching Preparation Sheet

(Please fill out before your coaching session & then send to your coach prior to your coaching session)

Name: _____

Coaching Session Date: _____

I acknowledge that the power of the coaching relationship resides with me. I acknowledge that I create everything that I receive and/or do not receive from who I am Being, the clearing that I am, the intentions that I set or do not set, and the actions that I take or do not take. I declare that I promise to create a powerful coaching session today. I declare that I am coachable and that I am in this coaching relationship to have a powerful difference made in my life and my business. I declare that I am extraordinary, and I am living an extraordinary life! And, that I have an extraordinary business!

The Major Accomplishments & Wins that I Created: *(since our last coaching session)*

The Challenges & Breakdowns that I Created: *(since our last coaching session)*

The New Opportunities that I Created: *(since our last coaching session)*

The Insights, Breakthroughs, &/or Changes in Beliefs I Created: *(since our last coaching session)*

In this Coaching Session, I Request: *(requested focus, breakthroughs I am committed to having, what I want / intend to receive, where I am blocked or stuck, what I want to create, et cetera)*

What are you avoiding?

What are you not telling your coach?

| Self-Assessment: | |
|---|-------|
| <input type="radio"/> Overall Mood: | _____ |
| <input type="radio"/> Physical Health: | _____ |
| <input type="radio"/> Mental Alertness: | _____ |
| <input type="radio"/> Effectiveness: | _____ |
| <input type="radio"/> Happiness: | _____ |
| <input type="radio"/> Interest / Eagerness: | _____ |
| <input type="radio"/> Joy / Fun: | _____ |
| <input type="radio"/> Financial Health: | _____ |
| <input type="radio"/> Relationships: | _____ |
| <input type="radio"/> Group Affiliations: | _____ |
| ===== | |
| Score = _____ | |
| Rating: 0 = low / 10 = high | |