



Laser Coaching Form

Come prepared for your laser coaching session so your time is used effectively and you get the results you want. Think about the following questions and write down your answers in preparation for your call or meeting and bring this form with you.

Write out your goal from your goal card.

What are your recent wins?

What 3 action steps are you going to take this week to move towards your goal?

1.

2.

3.

What lesson are you working on and what's the biggest thing you learned?

What questions do you have or what do you need help with?
