

Pre-Coaching Worksheet

Prior to our call please spend some quality time thinking about and writing down your answers to the following questions. Complete and submit to: Mary@MaryKDunn.com. At least 1 hour prior to our call.

1. What is the #1 concern for which you are requesting Coaching?

2. What specifically would change if this challenge was successfully overcome?

3. List up to 4 things you have already thought of, attempted or ruled out in your request to overcome this challenge.
 - a.
 - b.
 - c.
 - d.

4. What values do you hold that will need to be part of the solution for you to feel authentic?
(examples: honesty, faith, strong work ethic, physical health, strong relationships, success)

5. What field work would you be willing to commit to this week? (to be filled out during the session)

Your call is very important to me. Please call **281-381-1035** at our scheduled time.

In Service to your Success, **Mary**