



NEPA: Post-Session Worksheet

Note: In order to get the most out of your coaching call, it is important that you take action right away. **Please e-mail your responses no later than 24 hours after each coaching call.** This will help you stay focused and help me best serve you.

Name:

Date:

1. What are the insights or learning I am taking away from today's call?

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2. What are the action steps I am committing to as a result of today's session?

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3. How will taking these steps get me closer to what I want?

4. How will I reward myself for completing my actions?