



NEPA: Pre-Session Worksheet

Note: In order to get the most out of your coaching call, it is important that you adequately prepare. **Please e-mail your responses no later than the evening before each coaching call.** This will help you stay focused and help me best serve you.

Name:

Date:

- ☐ What do you want to celebrate having accomplished and what successes have you had since the last time we talked? (These can be personal/business breakthroughs, new income or clients, insights, best practices, wins, completed projects, and/or opportunities.)
- ☐ What did you not complete that you intended or promised to complete?
- ☐ What challenges and issues are you facing now? Where are you stuck, confused, or challenged?
- ☐ What's been the actual income generated in your business in the last 30 days?
- ☐ What is the biggest money making opportunity you see in your business in the next 30 days? What's your fastest path to revenue?
- ☐ What do you want to focus your coaching session today on? What would you like to get out of the call?
- ☐ Anything else you want to add?
- ☐ Please note any comments, concerns, questions, or suggestions related to the curriculum, if any.