Hi Lovely!

This form allows you to gather your thoughts, prepare for our session and helps me to understand where you are even before we connect. This allows you to get the most bang for your buck and enables us to fully leverage every minute of our time together.

**This worksheet is always a part of your homework and it is always due AT LEAST 24 hours before our session, or earlier!** I recommend you start earlier than you think since interruptions are the curriculum of a mother’s life!

It is important that you jot down at least a rough answer to each question. Taking ownership for your progress and doing the work is a critical part of this process! YOU are responsible for YOUR results!

* What are your celebrations and successes since our last session?
* What did you intend to complete since our last conversation that is still open?
* What are the roadblocks you are now experiencing? What’s been tough for you to overcome?
* What is it you are not willing to bring up?
* What do you want me, as your mentor/coach, to help you with during our time?