Optional Session Update Forms (email 24 hours in advance to [epiclifearlene@gmail.com](mailto:epiclifearlene@gmail.com))

Paste the words from Style 1 or Style 2 form or your personalized form into an email each week or make a running word file that you add to each session and mail the entire word file. Alternatively you may journal about these questions and bring up during calls but not email.

**Style 1** Session Update Form

Last Call Date/Time \_\_\_\_\_\_\_\_\_\_\_ Next Call Date/Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_/\_\_ Body/mental rating scale 1 to 10 with 10 being the best

What have I accomplished since our last call:

What did I want to get done, but didn’t?

What challenges /obstacles am I facing now?

What opportunities are available to me now?

I want to use my coach during the call to (your intention for the call- what does a successful call feel like)

What I am committed to do by the next call (complete at end of each call).

List of any intentions/commitments/actions you want to track. Include measurable aspect if applies such as frequency and date 50 % complete as well as 100% complete if long duration item.

Comments/Feedback

**Style 2** Session Update Form

Last Call Date/Time \_\_\_\_\_\_\_\_\_\_\_ Next Call Date/Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_/\_\_ Body/mental rating scale 1 to 10 with 10 being the best

Topic/intention for call:

Wins:

Challenges:

List at least the intentions/commitments/actions you want to track between now and next call:

Comments/Feedback: