

HIGH DOLLAR DESIGNER

Weekly Pre-Call Progress Form

Name:

Session date:

Coaching Session #:

1. What I have accomplished based on the assignments since our last call (when this includes new clients or prospects, please also indicate it here):

1

2

3

4

5

6

7

8

9

10

2. What didn't I get done, but intended to:

1

2

3

- HIGH DOLLAR DESIGNER -

14 Monarch Bay Plaza | Suite 145 | Monarch Beach, CA 92629 | T: 949.494.3345 | F: 949.494.0465

www.HighDollarDesigner.com

© 2012 High Dollar Designer All Rights Reserved

HIGH DOLLAR DESIGNER

3. The challenges and problems I am facing now:

1

2

3

4. Opportunity knocks once. These opportunities are available to me right now:

1

2

3

5. What I want to focus on primarily on today's call. Here's how you can best be of serve me during our time together:

1

2

3

6. My assignments for next week (fill this out with me during the call):

1

2

3

4

5

- HIGH DOLLAR DESIGNER -

14 Monarch Bay Plaza | Suite 145 | Monarch Beach, CA 92629 | T: 949.494.3345 | F: 949.494.0465

www.HighDollarDesigner.com

© 2012 High Dollar Designer All Rights Reserved

HIGH DOLLAR DESIGNER

Weekly Post Call Recap Form

Name:

Session date:

Coaching Session #:

1. My greatest insights from our call were:

1

2

3

2. How I evolved during our call:

1

2

3

3. Commitments I'm making to myself... to complete the following before next coaching call -

1

2

3

4

5

6

- HIGH DOLLAR DESIGNER -

14 Monarch Bay Plaza | Suite 145 | Monarch Beach, CA 92629 | T: 949.494.3345 | F: 949.494.0465

www.HighDollarDesigner.com

© 2012 High Dollar Designer All Rights Reserved

HIGH DOLLAR DESIGNER

4. Questions or ideas I'm still thinking about that we didn't discuss:

1

2

3

5. As my coach, you committed to:

1

2

3

6. The thing you said or asked during our call that impacted me most or worked best for me was:

- HIGH DOLLAR DESIGNER -

14 Monarch Bay Plaza | Suite 145 | Monarch Beach, CA 92629 | T: 949.494.3345 | F: 949.494.0465

www.HighDollarDesigner.com

© 2012 High Dollar Designer All Rights Reserved