

# Pre-Call Worksheet

Download and fill in the boxes below to assist preparation for this week's coaching call and help make it as **EFFICIENT** and **EFFECTIVE** as possible.

**PLEASE NOTE:** Do not over-think these questions! Do not worry about punctuation, text font and spacing. This exercise is designed to take no more than 5 minutes. Please do not alter the form template.

What has been holding you back this past week?

What is your key focus/goal right now?

What is the 'one thing' that you want to achieve in this week's call?

Once completed, save a copy and send to **[david@david-pritchard.com](mailto:david@david-pritchard.com)**. This form will be printed and recorded for reference during future calls.

If you have any difficulties with this form, please reach out to me in advance of the call or **[click here](#)** to visit a walk-through tutorial.