



Monthly Coaching Log

This log is a memory & focus tool, you can't mess it up! We experiment in coaching so finding something that **doesn't work** can be just as valuable as finding what **does!** Be gentle with yourself as you use this; stay curious, brag about what you're getting right, and reference it often to help you remember what you're intending to do this week!

Date:

Wins from last week:

Thoughts from today's call:

Action to take this week:

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