



Coaching Preparation Form

Please use this form to support in optimizing our time during our coaching session. Please complete this form prior to every coaching call and email it to elise@elisedamico.com within 48-hours prior to your scheduled coaching session.

Name: _____

Vision: _____

Complete each sentence to the best of your ability.

1. Today, in this right now moment, I feel...
2. My life been _____ since my last coaching /shamanic healing session.
3. As it relates to honoring my commitments/assignments, I am...
4. Where I have seen transformation in my life is...



5. The area (s) I desire to go deeper is/are...

6. The area (s) of healing I would like to address is...

7. What has come up for me since our last session is...

8. I would also like to discuss...

9. My intention for my next call is...