



freedom junkie[®]
free your mind. free your life.

COACHING CALLS

Active Listening



Use this worksheet to take notes during coaching calls. Don't let your perfectionist brain fixate on filling this out "correctly" because that will actually distract you! If you prefer notes in a notebook you keep, that's fine. If you only answer 1 or 2 of the questions that's fine. If you only use it for some of the calls, that's fine. Noticing a pattern? It's all fine! This is not the only way to learn from watching coaching calls, but it's a helpful guide if you want some structure for processing them. You can re-use this workbook as many times as you want, just save a new copy for each.



DATE OF CALL:/...../..... MAIN TOPIC :

1. Key takeaways:

2. How can I apply this to my own situation ?

3. Thoughts to try on / practice:

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