Pre-Session Checklist

To make the most of each session, review this Checklist **BEFORE** every meeting with your Coach.

Have I checked my technology?

- Zoom is working/Updated
- AirPods/Headphones are working
- Charger is connected/battery charged



Have I prepered my enironment?

- Environment is free from distractions
 - Environment is comfortable and quiet
 - Environment is private



Have I prepared MYSELF?

- I completed all homework
 - I asked Holy Spirit what to work on today
- I reviewed prior sessions' notes

Use	readom for life Chart et his chart to record your progress through the Life Solutions Framework					
	Wound (by) (hurt)	Judgment (my bad attitude)	Expectation (bitter root- they will always)	Vow (control-I will never)	Habit Structure (fruit-what haen't changed yet)	Habita Lies Truths
	W-> Hubby X coming home late.	He should be on time, or call. J-> H x not calling	H will never call when he's running late.	I will never be late. I will always be courteous and call.	Just can't get places on time, don't remember to call.	Lwit doesn't matter if I'm a little late. T=I will honor others by being on time or calling when I'm running late.