



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

