

# Coaching Commitment Form

***Please fill out and submit to your Director prior to starting a Coaching Sessions with her.***

**On a scale of 1 to 5 (1 being low, 5 being high) how committed are you to moving up in your business?**

**What do you enjoy most about your business?**

**Where do you feel confident and strong in your business?**

**What goal would you like to achieve by (3 months from now)?**

**What goal would you like to achieve 3 months after that?**

**Is there anything that might get in the way of you reaching these goals? If so, what would it be?**

**Please fill in the information below to commit to this coaching series:**

**I, \_\_\_\_\_, understand that by agreeing to this coaching session that I will respect my Director's Time. I agree to call my Director on the day & time that we have scheduled for my coaching call. I agree that if I miss calling her at that time without letting her know in advance, I will forfeit my call that week and possibly the entire coaching series with her. If I do not turn in my coaching sheet by midnight the night prior, I CANNOT have a coaching call the next day.**

**No Coaching sheet the night prior = NO COACHING CALL**

---

**I will choose to believe that my Director is stretching me to be a better version of myself. I agree to be teachable, coachable, and WILLING to do the work it takes to move up the career path. I will keep a positive attitude about my coaching calls realizing it is a privilege to be coached at this level by my Director.**

**Signature: \_\_\_\_\_**

**Date: \_\_\_\_\_**