



Evan Marc Katz
UNDERSTAND MEN. FIND LOVE.

MASTERS COURSE COACHING CALL PREP FORM

Name: _____

Date: _____

Instructions: *Journaling is a valuable way to record your progress and see how much you've learned in Love U. As such, this prep form is more for you than for me. It's designed to organize your thoughts so we can have productive coaching sessions.*

Please fill it out the night before our scheduled call, then email it to me at evan@evanmarckatz.com with "(Your Name) Coaching Call Prep Form" in the subject header.

Finally, feel free to print these up and keep them in your coaching records. Prep forms are a great way to look back and witness your growth and accomplishments!

What has happened in your love life since last week? Who have you emailed, spoken to, or dated in the past week?

What has happened that has left you feeling confused or frustrated?



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What has happened that is worth celebrating? What do you feel you've done successfully?

What would you like to focus on in today's coaching call?