

Prep Form

Fax: 305.754.9893 or email: mara@bridgeorlife.com to Mara Fisher at least 7 hours before our scheduled call time.

Name:

Today's Date:

Call Time/Date:

Call Mara at 305-754-7246

Where I am on a scale 1-10 in each of these areas:

Physical Health___ Emotions___ Relationships___ Spirit___ Peace and Joy___ Career___

Financial Independence___ Nurturing Environment___ Recreation___ Self Esteem___

My greatest win(s) since our last call:

This week, I am grateful for:

Commitments I made to myself on our last call:

What happened around those commitments?

Challenges & opportunities I am facing:

Mara, what I want to focus on with you today: