

Core Call Worksheet

Rotate who hosts the call each week - the host is the timekeeper.

Date:

Be respectful of each other's time! Be at least 3 minutes early - in time to say your hellos & still start the call on time.

Name:

These questions should be answered in the initial call, and referred to in every call!

- Question 1. If Time and Money and Health were not an issue, what would you be doing?
This is your Big Vision . These are Your Goals !!
- Question 2 On a scale of 1 - 10, how much do you want that?
- Question 3 On a scale of 1 - 10, how much are you WILLING TO DO for that?

		Attitude	Belief	Commitment
Rate from 1-10	Yourself			
	Life Force Products			
<i>What do you need in order to get to a 10?</i>	Life Force Company			

Ongoing questions

**Each question should be answered in measurable & quantifiable terms-
i.e.: I will make follow up calls from 7:30- 8:30 three days per week
I will walk for 20 minutes each day, I will have only 1 cup of coffee per day, etc.**

1. What are your goals for this week? BE SPECIFIC!

2. How did you do with last week's goals?

3. What were your challenges? Successes? Celebrate all accomplishments!

4. What do you need? From us - To learn - To do - Actions?

5. What are your health goals for this week? BE SPECIFIC! What are you going to add/remove that will impact your health? (ie.exercise, nutrition, stress)

Comments or questions you need to research:

SCRIPT FOR COACHING A BRIDGE CALL

As a coach to help people achieve their weekly goals, here is the format to use

Start with:

1. Will this goal work for you?

2. Is there anything that would prevent this goal from happening?

3. Is anything you need to change to make this goal happen?

Restate their goal back to them

4. Can you commit to that?

Mastermind with the whole group on how to help the person find a solution to get to their yes for their weekly goals. When a person arrives at a strong yes this is a time for serious celebration from everyone on the team. We get to celebrate each other's steps towards success and acknowledge and support each other. Don't hold back!!!

5. Can we bet \$1000 on your success of accomplishing this?

6. How does that make you feel?

7. Is there anything else you need to make this happen?

8. Congratulate again!