



The Coach Joelle Call-A-Thon (2 hours that are all about you!)

Welcome to the Coach Joelle Call-a-thon! By agreeing to participate, you have just created an opportunity for you to spend **2 hours completely in the service of you and your goals!**

Here's how it works:

- 1:00: Introductions and commitment to what you want to accomplish during the call-a-thon.
- 1:15: Focus, Focus, Focus – Get It Done!
- 3:15: Celebrating accomplishments and closing

Pretty simple but pretty darn powerful all at the same time. You'll see!

Call-in Information

Date: First Thursday of the month

Time: 10:00 PST, 1:00 EST

Length: 2.5 hours

Call-In Number: 712 432 3900

Access code: 813517#



Call-A-Thon Action Plan

“What I am Committing to Accomplish over the Next 2 Hours”

In support of you having a powerful Call-a-thon experience, please list your goals, your whys, and what it will mean for you to accomplish these goals.

| What I am committed to accomplishing | Why do I want to accomplish it? | How will I feel on the other side once I've accomplished it? | Accomplished | |
|--------------------------------------|---------------------------------|--|--------------|----|
| | | | Yes | No |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Do you feel that what you have chosen to take on is realistic in the time given? Yes No

If not, what are you willing to absolutely commit to making happen in the next 2 hours (not what you hope or wish to make happen or what would really look good.)

Are you ready to commit to this action/accomplishment in the next 2 hours? Yes No

Fabulous!! Then let's get to work (play)!!

Coach Joelle