**Pre-TLC Power Hour**

**Goal Setting Worksheet**

*Please fill out this worksheet and submit it to your TLC Power Hour host at least one week ahead of your scheduled session by email.*

Please give us some background on what brings you to this TLC Power Hour

What is your number one desired outcome for this session?

How can we move the dial forwards for you, to get you closer to your goal?

On a scale of 1-10, how **confident** do you currently feel about the issue(s) you

will be discussing during the TLC Power Hour?

On a scale of 1-10, how **equipped** do you feel to tackle the issue you will

be discussion during the TLC Power Hour?