Completion Log for \_\_\_\_\_\_\_\_\_\_\_\_\_

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| Date | Item to Complete | What did you learn? |
|  | Complete the “Laying the Coaching Foundation” form. |  |
|  | Complete the “Life Balance” form. |  |
|  | Acquire a coaching journal and begin to use it |  |
|  | Listen to the two Future Self Journey recordings and journal |  |
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