

BEFORE WE TALK

A free prep sheet for your first conversation

This isn't required, and there's no wrong way to show up to a first conversation. But if it helps to gather your thoughts beforehand, these questions might make the call feel less like starting from a blank page.

Where I am right now

In a sentence or two, how would you describe the season you're in?

What I'm hoping for

What would make this conversation feel worthwhile, even if we never work together beyond it?

What's actually on my mind

- Anything you're nervous to say out loud
- A question you're afraid might sound silly (it won't)
- Something you've never said to anyone else

You don't have to write these down or share them — sometimes just naming them to yourself changes the conversation.

A reminder before we start

This is a real conversation, not a sales pitch. You'll leave with more clarity, whether or not we end up working together. Whatever you share stays between us.