**Coaching Focus Sheet**

 Next Appt:\_\_\_\_\_\_\_\_\_\_\_

 Today’s date:\_\_\_\_\_\_\_\_\_

|  |
| --- |
| **\* The Number 1 Thing I’ve Learned From Today’s Call/Coaching session:** |
|  |
|  |  |
|  |  |
| **\* Goals & Actions…**  | Goal Achieved? Dead Line |
| Goal 1 |  | [ ] Yes[ ] No   | Comments:  |
| **Goal 2** |  | [ ] Yes[ ] No  | Comments:  |
| **Goal 3** |  | [ ] Yes[ ] No  | Comments:  |
| **Goal 4** |  | [ ] Yes[ ] No   | Comments:  |
|  |
| **My brightest achievement…** |
|  |
| **My main challenge…** |
|  |
| **Something that I learned through practice, reading, listening to others, watching a video, or living life…** |
|  |
| **As my coach, you can help me out in this next session by…** |
|  |

##### **Briefly speaking…**

* **I spent \_\_\_ Hrs working on my goals.**
* **My motivation level is at \_\_\_%**
* **I’m feeling \_\_\_\_\_\_\_\_\_\_**