**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 \_\_\_\_\_\_\_\_\_\_**