

Primary Focus

Identify three areas that you want held as your main focus during this coaching relationship. For each area provide a simple heading and a description of a measurable result. At the end add the reasons WHY you want this in your life. For example:

Focus: "I want to look and feel healthier"

Result: "I have a regime to follow with regards to exercise and eating.
I feel committed, excited and enthusiastic about it."

WHY: "So I can achieve the goals I set for myself by operating with more energy and vitality"

Focus: _____

Result: _____

WHY: _____

Focus: _____

Result: _____

WHY: _____

Focus: _____

Result: _____

WHY: _____