The Focus Form

***The purpose of this little form is two-fold: The first is for you to have a conversation with yourself before you have one with me. The second is to give me a preview of what you may be ready to work on when we meet.***

**As your coach, you can count on me to usually be curious about these five things:**

1. *What are you ready to work on—or even starting to be ready to work on?*
2. *How will you know we are making progress? If we hit the nail on the head, what would you have? What would the evidence of success be?*
3. *What are the personal strengths and values you could bring to this opportunity/challenge?*
4. *Who else is in your thinking as we talk about this?*
5. *How is this big enough to matter to you in the larger scheme of things (to your vision and values)?*

In coaching we explore your big-picture, aspirations, values, and growing edges.And we also keep an eye on the next possible and desirable steps you can see. In a couple of sentences, please write a little about what’s been getting your attention lately.

Now please fill in the five personal strengths from [**the assessment**](https://www.viacharacter.org/Account/Register) you took when we began. I’m always curious about how you’re using them as we go along.

1.

2.

3.

4.

5.

Aspirations can be both energizing and stomach-churning. What’s the latest on yours?

Is there anything you are especially grateful for, or curious about?

Any hunches about what you’re starting to be ready for? A next step?

Do you notice anything standing in your way? Things you’re doing—or not doing? Missing resources? Old habits and stories? Critical voices? Competing commitments?

What’s getting better? Where did you see a bright spot in your work and relationships this week/month?

As we balance exploration with action in our partnership, how’s our pace?

 [ ]  “Let’s go!”

 [ ]  “Whoa! Slow down!”

 [ ]  “We’re in the Goldilocks-zone (just right)”