**The Focus Form**

Please send me an update the day or two before each of our upcoming sessions. The purpose of this is two-fold: The first is for you to have a check-in conversation with yourself. The second purpose is to give me a preview of what you will be ready to work on when we meet. Please start by reviewing your top five strengths from the assessment you took when we began. I’m always curious about how you your are using them as we go along.

1.

2.

3.

4.

5.

And these are the “focus” questions (answer only the questions that interest you--even if they’re not mine):

In coaching we keep an eye on both your big-picture, vision, goals (eg*. Finding more balance, a career or life transition, being more energized, connected or essential*) as well as the crucial steps and learnings that will get you there. In a couple of sentences, see if you can say a little about either--or both.

Do you have any beliefs or assumptions that you’re gently testing?

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

What do you need?

What is 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?

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)”

In our next coaching conversation, what is the “next slice” you want us to focus on?