



Primary Focus

Identify five areas that you want held as your main focus during this coaching partnership. For each focus area provide a simple heading, and underneath, a description of that measurable result.

For Example:

Live my life so that at the end of it I have no regrets. That means I am clear about my values and what is most important and then make goals and take actions that reflect that.

Get clarity about the direction I want to take my career. I will have some concrete steps to taking myself in that direction.

1)

2)

3)

4)

5)