

Coaching Plan

Coaching Menu:

Check the areas you'd like our coaching to address:

- | | |
|--|--|
| <input type="checkbox"/> Uncovering My Values, Passion, & Purpose | <input type="checkbox"/> Owning My Time (vs. just managing it) |
| <input type="checkbox"/> Setting Goals that are Effective and Compelling | <input type="checkbox"/> Managing Overwhelm |
| <input type="checkbox"/> Strategic Planning for My Life | <input type="checkbox"/> Life Balance, Organizing, Simplifying |
| <input type="checkbox"/> Strategic Planning for My Career/Business | <input type="checkbox"/> Cultivating My Spirituality |
| <input type="checkbox"/> Career Advancement | <input type="checkbox"/> Debugging Limiting Beliefs |
| <input type="checkbox"/> Transforming My Career to My Vocation | <input type="checkbox"/> Enhancing My Health |
| <input type="checkbox"/> Building Relationships, Community | <input type="checkbox"/> The Fun Factor ☺ |
| <input type="checkbox"/> Creating a Vibrant Life Vision | <input type="checkbox"/> Purpose, Contribution, & Legacy |
| <input type="checkbox"/> Creating a Joint Life Vision with My Partner | <input type="checkbox"/> Assessments (Communication Style, 360 Feedback) |
| <input type="checkbox"/> Attracting the Right Romantic Partner | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Financial Prosperity | - |
| | - |
| | - |

Initial Focus:

These are some immediate goals, or things that I most want to have in my life right now:

➤ The one I want us to start coaching on first is:

These are the things in my life that are causing me discomfort and stress:

➤ The one that is causing me the most discomfort and stress is:

Future Focus:

These are some longer term interests and goals I have: