

Primary Focus for Coaching

What is a Primary Focus for Coaching?

Your Primary Focus for Coaching is a list of three things that you most want to focus your time and energy on in the next three months.

The Value of a Primary Focus for Coaching

In identifying specific areas of focus, you will set a strong intention for your investment in coaching. By being clear about your objectives, you will get the maximum benefit from your investment of time, energy and money.

How To Do It

As you review your Life and Work Visions, identify three areas of focus where you most want to invest your energy in the next three months. These can be “being” things and/or doing things, tangible and intangible. Please think about all of these types of things.

Examples:

- Be playful. Laugh more. Accept joy into my life.
- Implement daily self-care and spiritual practices.
- Identify the next steps toward “right work” and implement them.
- Complete a specific goal.
- Be compassionate in my relationships.

List your 3 primary focus areas on the next page.

1.

2.

3.