

Mindful Coaching Primary Focus

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

BE MORE PRODUCTIVE.

I have a system to follow up on calls and letters, I'm on time, I get all tasks accomplished, I have realistic goals for new projects.

1. _____

2. _____

3. _____

4. _____

5. _____

