

# Holding My Focus

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Keep this at the front of your coaching notebook to help you stay focused and on track.

## VISION, MISSION, PASSION

My Vision:

My Mission:

My Passion:

## MY GOALS/INTENTIONS

- |    |    |
|----|----|
| 1. | 2. |
| 3. | 4. |

## MY VALUES, NEEDS, AND STRENGTHS

Values:

- 1.
- 2.
- 3.
- 4.
- 5.

Needs:

- 1.
- 2.
- 3.
- 4.
- 5.

Strengths:

- 1.
- 2.
- 3.
- 4.
- 5.

## MY AFFIRMATIONS AND SELF-TALK STATEMENTS

- 1.
- 2.
- 3.

### MY STANDARDS AND BOUNDARIES

Standards I hold myself accountable to:

- 1.
- 2.
- 3.
- 4.
- 5.

Boundaries I will not let others cross:

- 1.
- 2.
- 3.
- 4.
- 5.

### MY DAILY DELICIOUS HABITS

- 1.
- 2.
- 3.
- 4.
- 5.

- 6.
- 7.
- 8.
- 9.
- 10.

### MY REPEATING PATTERNS/OBSTACLES/ROADBLOCKS

- 1.
- 2.

- 3.
- 4.

### SYSTEMS AND HABITS I AM BUILDING

- 1.
- 2.

- 3.
- 4.

### TOLERATIONS I AM ELIMINATING

- 1.
- 2.
- 3.

- 4.
- 5.
- 6.



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