

Holding My Focus

Name: _____ Date: _____

We'll fill this out together. 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.		3.
2.		4.
My Values, Needs, and Strengths		
Values:	Needs:	Strengths:
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
My Affirmations and Self-Talk Statements		
1.		
2.		
3.		



Wind Beneath Your Wings

Barbara Luther, Coach • 314-878-4044 • Email: Barbara@coach2soar.com

Web Site: Coach2soar.com Fax: 208-988-2142

My Standards and Boundaries	
Standards I hold myself accountable to:	Boundaries I won't let others cross:
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
My Daily Delicious Habits	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.
My Repeating Patterns/Obstacles/Roadblocks	
1.	3.
2.	4.
Systems and Habits I'm Building	
1.	3.
2.	4.
Tolerations I'm Eliminating	
1.	4.
2.	5.
3.	6.



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