

Primary Focus Template

Establish your coaching journey through clarity of purpose and intentional being.

In Co-Active coaching, transformation isn't just about achieving outcomes—it's about how you show up along the way and who you become in the process.

This tool helps you identify key areas of focus for your coaching journey—each one anchored in both a tangible result and an intentional way of being.

Instructions:

Identify five areas you want to focus on in your coaching work.
For each, name:

1. A focus area heading that captures the goal that matters most
2. A desired outcome: What would success look or feel like?
3. A way of being: Who are you committed to becoming as you pursue the goal?

Example:

BE MORE PRODUCTIVE.

- ▶ *Desired outcome(s):* I have a system for follow-ups, I'm on time, I complete what I commit to, and I set realistic goals.
- ▶ *Way of being:* Boldly focused, reliable, and impactful.