



SESSION #1: FOCAL POINTS

In your upcoming coaching sessions, we're going to focus on the five benefit areas of high performance. Please answer the questions below to help you gain greater insight into each of these areas. You can share your worksheet with your coach or just keep it for yourself.

Clarity

Who do I want to become as a person, and what do I really want right now in my personal and professional life?

What areas of my life am I lacking clarity in and why?

What do I feel absolutely certain about in my life right now?

Energy

Do I have the physical vibrancy and stamina to accomplish my goals and feel energized about life every day?

What are the major factors causing my current level of energy and how could I improve?

What would I have to start doing and stop doing to experience more energy in my life?

Courage

Where am I stepping up in my life right now?

Where am I backing down in my life right now?

What level of confidence do I have in seeking my dreams, and what would give me even more confidence?



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Productivity

Where am I crushing it in my life right now in terms of getting stuff done effectively and efficiently?

Where am I being sucked into distraction?

What do I need to do in order to be 3x more productive in my personal and professional life?

Influence

Do I have the level of influence I desire with my family, friends, coworkers and those I lead?

What areas of my life am I lacking the influence I need to accomplish my goals?

How could I become more influential?