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THE CALL FOCUS FORM™

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By completing this Call Focus Form, you will be reviewing how your week/day has gone, your current concerns and tentative goals. The process of putting it in writing enables you to become clear about how to best use your coaching time.

Name _____

Date _____

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1. Since our last coaching session I have:

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2. Important issues I'm procrastinating on are:

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3. Key problems to deal with are:

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4. On today's call, I most want to focus on:

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5. The ideal outcome for our call today:

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