



## Focus Sheet

Use this sheet to list the action steps defined in today's coaching session and track your progress throughout the week. Fill out Part One during today's session and Part Two one day prior to your next session. Once complete, email the form to Coach Deanna for review.

### Part One

Name:	Date:
What part of today's session made the most impact on you?	
Action Step 1	
Action Step 2	
Action Step 3	
Action Step 4	

\*Action Steps should be completed before your next coaching session.

### Part Two

My brightest achievement since we last met...

My main challenge since we last met...

Something that I learned since we last met...

Provide an update on your self-care:

As my coach you can help me in the next session by....



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