

# Holding My Focus

Name: \_\_\_\_\_ Date: \_\_\_\_\_

We'll fill this out together as we move along. Keep this at the front of your coaching notebook to help you stay focused and on track.

My Vision:

My Mission:

My Passion:

My Goals/Intentions

1.	2.
3.	4.

My Values, Needs, and Strengths

Values:	Needs:	Strengths:
1.	1.	1.
2.	2.	2.
3.	3.	3.

My Affirmations and Self-Talk Statements

- 1.
- 2.
- 3.

Standards I hold myself accountable to:

- 1.
- 2.
- 3.

Boundaries I won't let others cross:

- 1.
- 2.
- 3.

My Repeating Patterns/Obstacles/Roadblocks

- 1.
- 2.
- 3.

Systems and Habits I'm Building

- 1.
- 2.
- 3.

Tolerations I'm Eliminating

- 1.
- 2.
- 3.



**Focus is vital to your progress and sometimes hard to maintain.**

**Use this form to keep track!**

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