

Coaching Focus Sheet
A Guide to Our Conversation

- 1. How can I be praying for you in preparation for our next conversation?**

- 2. What wins are you currently celebrating in your life, your family life and ministry?**

- 3. What progress have you made on action items from previous conversations?**

- 4. What items need to be discussed during our upcoming conversation?**

- 5. Tell me what would be the single most helpful thing for you to take away from our time together.**

- 6. Tell me about one ministry and one personal challenge you are presently facing.**

- 7. Provide an update on how you are doing emotionally, physically, and spiritually by giving me an update on how your three gauges read?**

Emotional Energy

E _____ 1/4 _____ 1/2 _____ 3/4 _____ F

Physical Energy

E _____ 1/4 _____ 1/2 _____ 3/4 _____ F

Spiritual Life

E _____ 1/4 _____ 1/2 _____ 3/4 _____ F