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***THE CALL FOCUS FORM***

By completing this Call Focus Form, you will be reviewing how your time since we last met has gone, your current concerns and tentative goals. Barring unforeseen circumstances, this review is to be related to the goals we have established.

The process of putting it in writing enables you to become clear about how to best use your coaching time. I, too, can become oriented to your situation before our session when you send it to me before our call begins.

***So please email this form to me about 24 hours before every coaching call* *at samwis2@hushmail.com***

Name Click or tap here to enter text. Date Click or tap to enter a date.

**1. Since our last coaching session I have:** Click or tap here to enter text.

**2. Important issues I'm procrastinating on are:** Click or tap here to enter text.

**3. Key problems to deal with are:** Click or tap here to enter text.

**4. Current opportunities to explore are:** Click or tap here to enter text.

**5. In today’s coaching session, I most want to focus on:** Click or tap here to enter text.