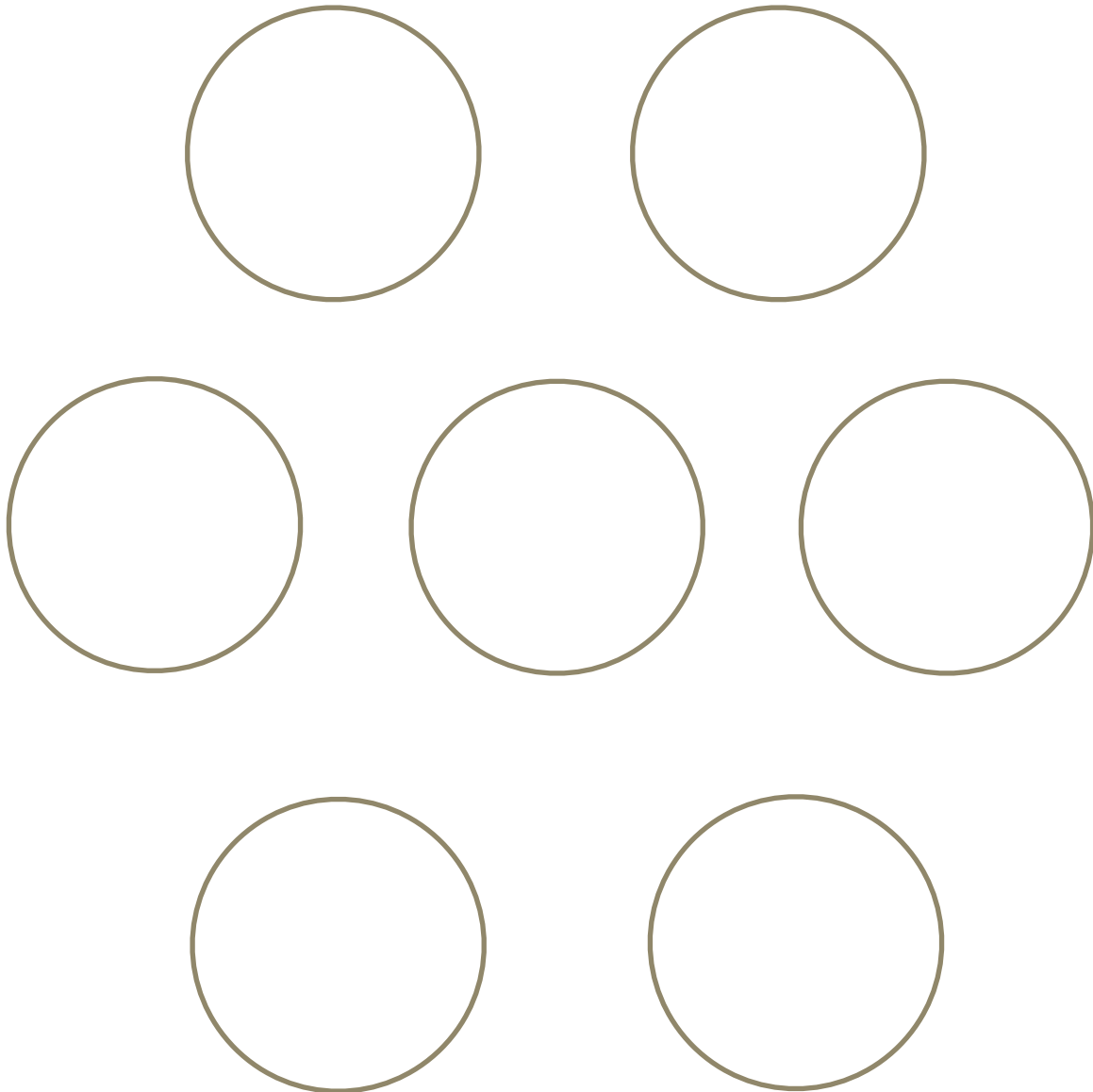


# Finding a Focus

The tool on this page can be used to help a client brainstorm possible areas of focus for exploration and change, and the tool on page 2 can then be used to prioritize and clarify a place to start. You may want to pre-populate some of the circles on the first page with common focus areas in health coaching, while making sure to leave some blank circles for additional ideas.



## Where to Start

Determine the areas of focus that are currently most important to you from highest to lowest priority. Fill in the circles accordingly, with the largest circle being your highest priority. Feel free to add circles of various sizes.

