

Coachee:	Date / Time: Energy Levels:
<b>G — Goal</b> <i>What do you want to achieve?</i> <ul style="list-style-type: none"> <li>• What's the focus of this conversation?</li> <li>• What outcome would you like?</li> <li>• What would success look like?</li> </ul>	
<b>R — Reality</b> <i>Where are you now?</i> <ul style="list-style-type: none"> <li>• What's happening right now?</li> <li>• What have you tried so far?</li> <li>• What's getting in the way?</li> </ul>	
<b>O — Options</b> <i>What could you do?</i> <ul style="list-style-type: none"> <li>• What are the different ways forward?</li> <li>• What else?</li> <li>• What are the pros and cons of each?</li> </ul>	
<b>W — Will (or Way Forward)</b> <i>What will you do?</i> <ul style="list-style-type: none"> <li>• What's your next step?</li> <li>• When will you do it?</li> <li>• What might get in the way, and how will you handle it?</li> <li>• How committed are you (1–10)?</li> </ul>	