Focus Coaching Navigator™ – Interactive Workbook

Your Personal Guide to Building Focus, One Week at a Time

1. Your Focus Formula Baseline

Rate yourself from 0–10 and estimate % focus for each dimension.

Time: ____ × ____% = _____

Energy: ____ × ____% = _____

Execution: ____ × ____% = _____

Estimated Productivity Score: _____

What interferes most with each?

Time: _____

Energy: _____

Execution: _____

2. Focus Behavior Tracker

Use this to reflect on your focus habits over the next 5 days.

Day 1:

Time Behavior: _____

Energy Behavior: _____

Execution Behavior: _____

Biggest Distraction: _____

Daily Focus Score (1–10): _____

Day 2:

Time Behavior: _____

Energy Behavior: _____

Execution Behavior: _____

Biggest Distraction: _____

Daily Focus Score (1–10): _____

Day 3:

Time Behavior: _____

Energy Behavior: _____

Execution Behavior: _____

Biggest Distraction: _____

Daily Focus Score (1–10): _____

Day 4:

Time Behavior: _____

Energy Behavior: _____

Execution Behavior: _____

Biggest Distraction: _____

Daily Focus Score (1–10): _____

Day 5:

Time Behavior: _____

Energy Behavior: _____

Execution Behavior: _____

Biggest Distraction: _____

Daily Focus Score (1–10): _____

3. Weekly Coaching Prompts

Use this section weekly with your coach or for self-review.

What worked well this week?

_____

What pulled your focus off course?

_____

What's one behavior shift to test next week?

_____

4. 90-Day Focus Shift Plan

Behavior to shift: _____

Why this behavior? _____

Accountability partner: _____

Week 1 Target: _____

Week 2 Target: _____

Week 3 Target: _____

Week 4 Target: _____

5. Focus Reset Log

Track 2–3 resets per day for 5 days. Note when, why, and result.

Day 1 Reset Entries:

Reset 1: Time: _____ Reason: _____ Result: _____

Reset 2: Time: _____ Reason: _____ Result: _____

Reset 3: Time: _____ Reason: _____ Result: _____

Day 2 Reset Entries:

Reset 1: Time: _____ Reason: _____ Result: _____

Reset 2: Time: _____ Reason: _____ Result: _____

Reset 3: Time: _____ Reason: _____ Result: _____

Day 3 Reset Entries:

Reset 1: Time: _____ Reason: _____ Result: _____

Reset 2: Time: _____ Reason: _____ Result: _____

Reset 3: Time: _____ Reason: _____ Result: _____

Day 4 Reset Entries:

Reset 1: Time: _____ Reason: _____ Result: _____

Reset 2: Time: _____ Reason: _____ Result: _____

Reset 3: Time: _____ Reason: _____ Result: _____

Day 5 Reset Entries:

Reset 1: Time: _____ Reason: _____ Result: _____

Reset 2: Time: _____ Reason: _____ Result: _____

Reset 3: Time: _____ Reason: _____ Result: _____