

K&K Alliance Group

CAREER DEVELOPMENT & LIFE COACHING · KRISTA RICKMAN

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FOCUSED FORWARD · 3 SESSIONS · PAGE 1 OF 3 — CHOOSE

One Goal, No Fog

Most people don't need more options — they need one decision made cleanly. Focused Forward is three sessions: **clarity, a decision, a push**. This worksheet does the honest part first: picking the goal that actually matters.

This worksheet is just an example. In our session, we go deeper than any worksheet can — and everything we cover is focused entirely around you and your needs. There are no right answers here.

1 · Five things I want right now

Big, small, embarrassing — all five. Then circle the one that would quietly make the others easier.

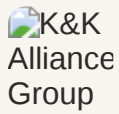
2 · The goal behind the goal

When I picture it done — what do I actually want to feel? Safe? Respected? Free? Lighter?

3 · Who is this goal for?

Me — or an audience I'm tired of performing for? Nobody's grading this. Be honest.

4 · My goal, in one sentence a stranger would understand:



The real reason

You've probably known what you want for a while. So this page isn't about the goal — it's about what's been standing between you and it. Truth without shame.

5 · What's the real reason I haven't started?

If the answer is "no time" — what am I actually spending that time on?

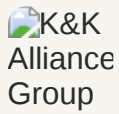
6 · The story I tell when I quit is...

"I always do this." "I'm not the kind of person who..." Where did I learn it? Is it still true?

7 · Whose permission am I still waiting for?

8 · What would the version of me who's already done this do on an ordinary Tuesday?

Not the highlight reel — the Tuesday. Habits, boundaries, what she says no to.



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FOCUSED FORWARD · PAGE 3 OF 3 — THE MOVE

Aim it, then move

Now the part most people skip — putting a cost on standing still, and a date on starting.

9 · Another year in the same spot will cost me...

Money, health, self-respect, chances that don't wait. Write the real number.

10 · My decision is leaning toward...

You don't have to be sure. Three sessions exist to get you sure.

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11 · My first move — this week, small enough to actually do:

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12 · To make room, I'll say NO to...

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One goal. Three hours. Done stalling.

Focused Forward — three 60-minute sessions for \$500 (save \$232). Session 1 clears the fog, Session 2 makes the decision, Session 3 builds the push. Start with a **free 20-minute discovery call** and bring this worksheet.

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Coaching complements therapy — it never replaces it. Everything you bring stays between us.