# Fork in the Road Date:

**Delete blue text before printing** – *As the coach you can use this worksheet as your very own cheat sheet to navigate your client through a session.*

*This questioning model is excellent to use when your client is procrastinating on making a decision that will move them forward once its been made.*

*A great homework assignment to give after a session, which uses the Fork in the Road Model, is the Personal SWOT Analysis (as provided in the Life Coaching Worksheets section of the Coaching Took Kit). It will help your client to systematically assess their decision and hopefully get them really excited about the new direction.*

|  |  |
| --- | --- |
| 1. | What specifically are you focusing on? |
|  |  |
| **2.** | **What feelings are you choosing?** |
|  |  |
| **3.** | **Are you focusing on the present/past/future?** |
|  |  |
| **4.** | **Are you focusing on yourself or others?** |
|  |  |
| **5.** | **What meaning are you giving this?** |
|  |  |
| **6.** | **Is it the beginning or the end?** |
|  |  |
| **7.** | **Is it a reward or a punishment?** |
|  |  |
| **8.** | **Are you going to move forward or are you going to quit?** |
|  |  |