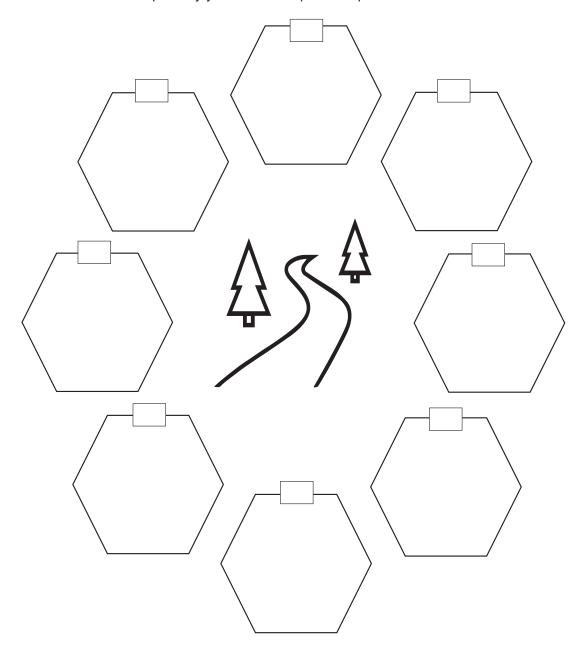
HANDOUT 5.1

Path-Finding Tool

Directions: Use this form to help you narrow down one topic from among several of your ideas for a single session. It can also be used to help you find a few broader areas to focus on for your entire coaching arrangement.

Write one topic in each of the hexagons provided. (Use a few or all of the hexagons.) Then, you might want to prioritize your topics numerically. (Use the small boxes.) Afterward, you and I (your coach) will have a conversation to help clarify your chosen topic for exploration and work.



This is a supplementary resource to *Motivational Interviewing in Life and Health Coaching: A Guide to Effective Practice*, by Cecilia H. Lanier, Patty Bean, and Stacey C. Arnold. Copyright © 2024 The Guilford Press. Permission to download and print this material is granted to purchasers of this book for personal use or use with clients.