

# FEED Performance Journal

1. Celebrations from the last 30 Days:

(What were some of your “wins” and/or blessing over the past month?)

2. Context:

(What is happening that is impacting (+ or -) your ability to perform at your best?)

## FEED Performance Journal Notes:

### Focus:

(What are just one or two goals you need to focus on over the next 30 Days?)

### Energy:

(How will you manage your energy level to maintain a high level of performance?)

### Engage:

(Who do you need include in the process to inform, get input or gain permission?)

### Design:

(How will your goal(s) advance your mission and help you accomplish the strategic plan?)

## Questions to Guide a Coaching Conversation:

What's working?

Where are you getting stuck?

What can you do differently?

What do you need from me (us)?

What are you learning from this experience?