

# ROGUE FORUM

## Personal Deep Dive Worksheet

Complete this worksheet before your coaching session and come prepared to discuss your insights with your coach. After the session, you may update your responses to reflect any new perspectives and clarity gained.

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### 1. Issue Statement

What specific challenge or opportunity do you want to explore with the Forum?

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### 2. Issue Overview

Provide context to help the Forum understand your situation.

**Background** – What led to this situation?

**Current Situation** – Where do things stand now?

**Future Options** – What are your potential choices? What are the pros and cons of each?

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### 3. Dive Deeper

Reflect on the deeper aspects of your challenge.

- Where do you feel the most **uncertainty, confusion, or fear**?
- How might your **own actions or mindset** be contributing to this challenge?
- If you were to **fail** in this, what impact would it have on you and those around you?
- What is the **biggest personal challenge** you face in this situation?
- What **emotions** are surfacing for you?
- What **outcome do you hope for**? On a scale of 0-100%, how confident are you in achieving this outcome? (0% = *no hope*, 100% = *absolute confidence*)