

~COACHING QUESTIONNAIRE~ DATE: \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

In order to serve you in getting the results you want, we will first need to be clear on where you are at today. This questionnaire serves as a tool for me to know more about the world you live in, so I can better guide, support, and direct you on your path towards what you want. These questions are designed for me to see patterns that are working for you, as well as patterns that are holding you back. Please make plenty of time for completing this, the more thoughtful and insightful your answers the more power I will have to help you achieve your goals.

\*\*\*Email or Print and transport your responses to these questions to me prior to or at your first session\*\*\*

**GOALS**

1. What caused you to seek out coaching?

2. What three specific results do you want to achieve in the next 90 days through coaching?

3. What are the two biggest changes you want to make in the next year?

4. What has prevented you from achieving these results to date?

**CAREER**

1. What is your vision for your professional life?

2. How do your career goals support your personal goals?

**YOUR LIFE**

1. What would you say have been your three greatest accomplishments and/or moments in your life?

1.  
2.  
3.

2. What special talents, skills, qualifications, interests and gifts do you have that you would like to develop and contribute?

3. Is your life one of your own choosing? If not, what parts have been chosen for you?

4. What are your primary stressors?

5. List five things that you are tolerating right now! (Examples: unorganized, no sense of urgency from your staff or team, excess weight, disrepair around house, thinking small.)

- 1.
- 2.
- 3.
- 4.
- 5.

6. What is the hardest thing you have ever had to overcome?

7. What is the most important lesson you have learned to date?

8. Do you feel that your life is balanced? Why or why not?

9. What's missing in your life? What would make your life more fulfilling?

10. Are there any limiting patterns of behavior that you have noticed in yourself (procrastination, failure to schedule, or giving up on oneself)? Describe.

## COACHING YOU

1. What do you want your coach to do if you get behind on your goal(s)?

2. How will you know that you are getting value from your coaching process?

3. How might you sabotage your path to success?

4. How can your coach best support you in the coaching relationship?

## LIFE BALANCE SNAPSHOT

Take a few minutes to rank the following nine areas of your life with regard to your level of satisfaction (rank from 0 to 10). Don't attempt to do this perfectly. It is designed to be a snapshot of your level of satisfaction right now.

Not satisfied at all = 0 Totally satisfied = 10

\_\_\_\_\_ Career

\_\_\_\_\_ Significant other/Romance

\_\_\_\_\_ Physical Environment (your home, the city/town, neighborhood, climate and the part of the country in which you live.)

\_\_\_\_\_ Finances

\_\_\_\_\_ Personal growth

\_\_\_\_\_ Health

\_\_\_\_\_ Fun & Recreation

\_\_\_\_\_ Friends and Family

\_\_\_\_\_ Spirituality

\*\*\*Email this page to me prior to your first session (24 hours prior if possible) \*\*\*