

## **DR. DENISE WILKINS** COACHING FAST START

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Your Name:  
Email address:

Date:  
Phone:

Here are some intriguing questions to ponder in preparation for our first session together. I would also like you to choose three goals that we can work on together over the next 90 days. This is an exciting beginning to unimaginable possibilities! Please email these to me before we meet. *(If you need more space write on the back page, listing the number first.)*

1. What are the biggest challenge(s) you want to focus on during our sessions?
2. What would make our coaching successful for you?
3. What do you feel is standing in the way of achieving your goal(s)?
4. How would your life change if you achieve your goal(s)?
5. What do you consider your best strengths?

6. What have you been procrastinating about (can you list 10 things)?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

7. Can you think of something that happened in your history that could be slowing down your life's progress today?

8. If you were not doing what you do now, what would you be doing?

9. What's the most important thing you learned this past year?

10. What talents do you have that few people see?

11. What's the most radical change you can make right now?

12. How can I support you the most right now?

**Thank you!**

**Before our session: VERY IMPORTANT:** Make sure you are in a quiet space where you can speak freely. Please make sure that there are no distractions during our sessions. Session times can move quickly, and we want to make sure that we get the best out of our time together. I look forward to meeting you.

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