



Hey there! Thanks for choosing us to help you navigate life's challenges. Before we start, we'd love to learn more about your company and what brought you here today. Let's get to it!

Basics

What are 3 changes you would like to see happen over the next year?

What are 3 short term goals you would like to accomplish over the next 6 months?

On a scale of 1 to 10, how would you rate your current happiness level? What makes you the most happy in your life currently?

Stress Level

On a scale of 1 to 10, how would you rate your current stress level? What is causing you stress?

What is the most challenging obstacle you have had to overcome in your life thus far? How did you overcome it?

What are 3 things that you feel are hindering you from happiness, fulfillment, or feeling motivated?

Success

What does it look like to you?

List 3 Goals you believe will help you to have a successful future.

	Goal to successful future	How can you accomplish this goal ?
Goal #1		
Goal #2		
Goal #3		

Your Strengths

List 3 of your strengths and weaknesses that you feel hinder you from your success

	Strengths	Weaknesses
#1		
#2		
#3		

Your Vision

What do you hope to accomplish with each session?

Why do you think life coaching is a good fit for you?

Are you ready to commit yourself to changing? Why or why not?

Exciting times ahead!

Thank you for sharing your vision with us. We now have enough material to start the ground work to help you achieve your goals !