COACHING QUESTIONNAIRE

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone (day) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone (evening) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Cell\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Congratulations on taking a very important step in your life!

This questionnaire contains some powerful questions for you to consider before your first coaching. This tool is meant to empower you to think clearly, become intentional and allow yourself the privilege to look for the answers. Think about what you want, what limitations you’re currently living with, and how you can move forward into the life you desire living.

To make the most of this session, I invite you to find 45 min to 1 hour where you can have an appointment with yourself, uninterrupted. Find an environment that is relaxing, pleasing and allows you to be at your best, 100% focused. Allow your answers to come from your whole engaged self.

Use this tool anyway you would like. Take some time to ponder the questions, answering all the questions or choosing not to.

 **I hope that you will make a choice to be open to all possibilities.**

**SAVE THIS DOCUMENT TO YOUR COMPUTER, FILL IN THE BLANKS AND SAVE. Send this back as an attachment to** **Melanie@lifecarecoachingservices.com** **and we can schedule your first session.**

**Your Goals:**

What 3 changes do you most want to see in your life?

1.

2.

3.

What are the obstacles that are keeping you from achieving them?

As an adult, have you worked in one-on-one relationship (e.g., tennis coach, piano teacher, and therapist)? \_\_\_\_\_\_\_\_

If yes, what took place that helped you? What did not work well?

What major changes have you experienced in the past two years? (ie.. change of job, a new role, change in residence etc.)

**Your Life:**

On a scale of 1 – 10 (10 high), how fulfilled are you with the choices you’ve made in the last 6 months? \_\_\_\_\_\_\_

On a scale of 1-10 (10 high), how much stress is in your life right now? \_\_\_\_\_\_

What causes you stress?

What are you tolerating in your life at present? (Examples: clutter, toxic situations, job dissatisfaction, dead plants, broken equipment, etc.)

1.

2.

3.

4.

5.

**Your Self:**

What 3 adjectives would someone use to describe you at your best?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How would they describe you at your worst?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What 3 adjectives wouldYOUuse to describe yourself at your best?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

At your worst?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What concerns do you have about life right now?

1.

2.

3.

What causes you to feel motivated?

**Potential and Possibility**

What is your 2 personal goals and 2 professional goals you would like to see in the near future?

What areas would you like coaching in? Explain.

On a scale of 1-10 (10 high), what is the quality of your life today. \_\_\_\_\_\_\_\_\_\_\_

**Any additional information you want the coach to be aware of (situations causing you hurt or stress)? Please take at least 30 minute to write down in detail all feelings, hurts, hopes problems ect. This gives you a great opportunity to be completely heard without distractions and can save hours to coaching appointments.**

Please mail or email all pages of this document to:

Melanie Willis

melane@lifecarecoachingservices.com

114 Winding Rock Road

Goose Creek, SC 29445