# New Client Questionnaire

These questions are a great way to get us started, do not worry about answering “perfectly.” in fact, just writing the first things that come to your mind is most productive. Take as much time as you need to compose your responses. Be as brief or as detailed as you choose – you do not have to answer every question. There are 16 questions and then a coachability index at the end that just takes a few moments to complete. Please email me your responses at least 24 hours prior to our first session. Thank you and I look forward to our work together!

1. What accomplishments MUST happen in your lifetime so that you will consider your life to have been satisfying and well‐lived ‐‐ a life of few or no regrets?
2. Telling me about your past helps put the “puzzle pieces” of your life together. You do not need to write your life story, but perhaps list a few things that we could expand upon in our session.
3. Do you have a secret ambition, desire, or dream – something that does not have to happen, but that is often a subject of your imagination?
4. What would you like to be different about your life? In what area(s) would you like to see the greatest change?
5. How would you describe your support system? Are there people who believe in you unconditionally? Are there people who challenge you or frustrate you? Please describe those people.
6. What qualities do you value most in other people?
7. What are three of your “gifts” or talents and how do you like to use them?
8. If you were to imagine your life purpose, what would it be?
9. How are you your own worst enemy?
10. What is your relationship with what you perceive as failure and disappointment?
11. What inner qualities would you like to have more of? (i.e., joy, integrity, self‐trust, self‐love, etc.)
12. What inner qualities would you like to have less of? (i.e., guilt, fear, pain, self‐doubt, anger, etc.)
13. How are you at doing what you say you will do?
14. What would you like to get out of coaching?
15. If you could tell me the best way to bring out your best, what would you say?
16. Is there anything else you would like me as your coach to know about you?

***Coachability Index***

Circle the number that comes closest to representing how true the statement is for you right now. Then, score yourself, using the key provided. For us to create exceptional value for you, we need you to be at the place in life where you are coachable. This test helps us better understand where you are at. How coachable are you?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***Lower‐Higher Statement*** | | | | | |
| ***1*** | 2 | 3 | 4 | 5 | I can be relied upon to be on time for calls and appointments and agree |
|  |  |  |  |  | to give 24 hours’ notice if I need to reschedule. |
| ***1*** | 2 | 3 | 4 | 5 | I can be relied upon to do the homework assignments I commit to do. |
| ***1*** | 2 | 3 | 4 | 5 | I keep my word without struggling or sabotaging. I strive for integrity. |
| ***1*** | 2 | 3 | 4 | 5 | I’ll give the coach the benefit of the doubt, and “try on” new concepts |
|  |  |  |  |  | or different ways of doing things. |
| ***1*** | 2 | 3 | 4 | 5 | I will openly speak my truth, and not be concerned about what my |
|  |  |  |  |  | coach is thinking. |
| ***1*** | 2 | 3 | 4 | 5 | If I feel I’m not getting what I need or expect from the coach, I will |
|  |  |  |  |  | share this as I sense it, and ask that I get what I want and need from the |
|  |  |  |  |  | relationship. |
| ***1*** | 2 | 3 | 4 | 5 | I am willing and motivated to eliminate or modify the self‐defeating |
|  |  |  |  |  | behaviors that limit my success. |
| ***1*** | 2 | 3 | 4 | 5 | I have adequate funds to pay for coaching, and will not regret or suffer |
|  |  |  |  |  | about the fee. I see coaching as a worthwhile investment in my life. |
| ***1*** | 2 | 3 | 4 | 5 | I am willing and able to devote the time and emotional energy needed |
|  |  |  |  |  | between sessions, to put what I learn in to practice. |
| ***1*** | 2 | 3 | 4 | 5 | I have a high level of self‐awareness. |
|  |  |  |  |  | **Total Score** |

# Scoring Key

10 – 20 May not be coachable right now.

21 – 30 Coachable, but we’ll need to make sure our ground rules are honored! 31 – 40 Coachable.

41 – 50 Very coachable; ask me to ask a lot from you!