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CLIENT QUESTIONNAIRE

Let's kick it off with a strong start...

ENLIGHTEN ME

The design of this questionnaire is to jump start this coaching journey. By going deep and answering these questions, you will get to know yourself better and allow me to guide us in the right direction. Please feel free to use another sheet if more space is needed. Complete what speaks to you and leave blank what you don't feel like completing. We may visit any/all in a session. Thank you for putting effort into your success!

What are your strongest beliefs about yourself?

What are your strongest beliefs about the world?

What wisdom/life-lessons-learned would you like to share with the world?

When in your life have you felt most creative?

When have you felt most committed to something or someone?

What are the greatest accomplishments of your life?

What is the strongest stand you have taken?

What energizes you? Makes/will make you feel prosperous?

How might you sabotage this coaching process? How would you like me to redirect when these behaviors present themselves?

How will you know if this coaching has been effective for you?