

Questionnaire before Coaching Calls

Here are a few questions and ideas to help you become really specific when it comes to your scheduled coaching call! We can then discuss these questions and then further elaborate on how to Best serve You!

Where are you right now? You can use this questionnaire to address all of the different areas of your life! Business, Finances, Health, Social Media Strategies, recommended book reading, organic gardening solutions, etc



Solution / Follow up coaching call / PDF provided

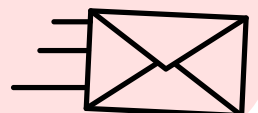


What would you love to accomplish? Why is this Important to You?
Understanding that goals require work and time blocking! Can you see
yourself staying committed to a coaching program? Why or why not?



Notes - Daily reminders

Month / Day
Follow up with coaches

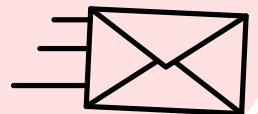


Before this coaching, what have you tried before? How did that make you feel?
What would be your expectation this time?



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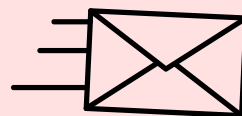


What has stopped you from getting A, B, C or D? Go Deeper within yourself and see if you have somehow felt afraid or feared failure, in the past. Another example: What are you afraid of losing, if you get what you so desire?



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What support do you need to have in place, to succeed in the different areas of your life? Make a decision to commit to the steps that will get you through your blocks or area of resistance!



**Put support in place! Go
all in on your Desires!**

**Track and celebrate everything that
happens! That proves that you are
moving closer to your desired goals
or direction of success!**

