



Name:

Date:

**Please answer these questions and send them to [creativityconnectscoaching@gmail.com](mailto:creativityconnectscoaching@gmail.com) 2 days prior to your first Discovery Session. Have Fun!**

1. Look forward 20 years, you are attending a function where someone is giving a speech about you. What would you want them to say?
  
2. If time, resources, and fears were not a concern, describe things you long to do.
  
3. Think about one or two people you know who really inspire you. What about them is inspiring?
  
4. What are the key ingredients for you to live a fulfilled life?
  
5. Which, if any is absent right now?
  
6. What are your strengths and abilities that serve you well?
  
7. What gets in your way?
  
8. Describe a key moment in your past when life was really good. You felt satisfied.
  
9. Describe a rotten moment in your past. Were you angry, frustrated and/or overwhelmed? What helped you get through it?
  
10. What are your primary goals for coaching? On a scale of 1-10, 10 being the most open, how open are you to coaching?
  
11. What will be important to you in this coaching relationship and what expectations do you have of the relationship? Any questions for your Coach?