

The Purple
Principle

Pre-Coaching Assessment

Note: All personal information is held securely in accordance with the appropriate legislation, confidential and treated appropriately.

Name: _____

Date _____

What are the 3 biggest changes you want to make in your life over the next 5 years?

- 1.) _____
- 2.) _____
- 3.) _____

What 3 goals do you want to achieve within the next 3 months?

- 1.) _____
- 2.) _____
- 3.) _____

What have been your 3 greatest successes to date?

- 1.) _____
- 2.) _____
- 3.) _____

What is the greatest challenge you have had to overcome? _____

What major changes have you been faced with over the last couple of years? _____

List 5 things that you feel you are 'putting up with' right now?

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____

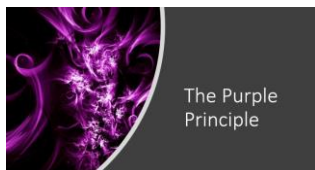
On a scale of 1 -10 how stressed do you feel right now? _____

What are your key stressors? _____

On a scale of 1 -10 how happy are you with your life right now? _____

What are the things that make you happy? _____

On a scale of 1-10 how motivated are you in your work/personal life? _____



Pre-Coaching Assessment

What motivates you? _____

Who are most important to you in your life? _____

What do they provide you with? _____

What is most important to you in your life? _____

Why? _____

Is your life one of your choosing? _____
If not who is choosing it for you? _____

If anything was possible what would you wish for? _____

What would you like from your coach during your sessions? (Score on a scale of 1 -10 where 1 is not at all important and 10 is extremely important)

1. Gaining clarity of issues _____
2. Understanding what is important /what motivates me _____
3. Exploring and understanding what is holding me back _____
4. Gaining an insight into who I am, my strengths, capabilities and potential _____
5. Providing encouragement and support _____
6. Helping define goals _____
7. Helping to identify action and next steps _____
8. Challenging you with difficult questions _____
9. Providing honest and direct feedback _____
10. Helping you hold yourself you accountable for your goals _____

What would you like your coach to do if you struggle with your goals? _____



Pre-Coaching Assessment

What approaches motivate /demotivate you? _____

How will you know when you are receiving value from the coaching process? _____
