



Please type responses in the fields below and e-mail back to your coach.

Contact Information

Name:

Client Questions

As your coach, it is important for me to understand who you are, what you value, and how you view the world. The following questions are designed to stimulate your thinking in a way that will make our work together both productive and personal. Please set aside adequate time to thoroughly consider these questions before answering. Use as much space as needed to answer each question.

1. What are the primary short-term goals you want to achieve in the next 90 days?
(Rank in order of importance; you don't have to use every line.)

Goal 1:

Goal 2:

Goal 3:

Goal 4:

Goal 5:

2. What one-year goals do you want to achieve? *(Rank in order of importance; you don't have to use every line.)*

Goal 1:

Goal 2:

Goal 3:

Goal 4:

Goal 5:

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

Goal 1:

Goal 2:

Goal 3:

4. What would you say have been the three greatest accomplishments of your life to date?

Goal 1:

Goal 2:

Goal 3:

5. What is the hardest thing you have ever had to overcome?

6. Have you experienced any major transitions in the past two years?

(i.e. new relationships, death/loss of a loved one, new residence, started school, new job, divorce, birth of a child, marriage, entering a new decade of life, etc.)

1:

2:

3:

7. What is your current level of stress on a scale of 1-10, with 10 being extremely stressed:

8. What are your three primary stressors?

1.

2:

3:

9. On a scale from 1-10, rate your level of satisfaction with each area of your life, with 10 being extremely satisfied:

Career:

Family:

Friends:

Significant Other/Romance:

Fun & Recreation:

Health:

Physical Environment:

Finances:

Personal Growth/Spirituality:

10. At your eulogy many years from now, what would you want people to say about you and how you lived your life?

11. If time and resources were not a concern, and you knew you would be successful, what would you be doing?

12. Think about one or two people you know whom you really admire or inspire you. What do you admire about them?

13. What's missing in your life, the presence of which would make your life more fulfilling?

14. What do you want to accomplish during your lifetime (personally or professionally), in order for you to consider your life well lived, with few or zero regrets?

15. What two steps could you immediately take that would make the biggest difference in your current situation?

1:

2:

16. What are your unique gifts, talents, or strengths?

1:

2:

3:

17. What is your passion in life? What makes you happiest and most fulfilled?

18. What behaviors or beliefs stand in the way of you achieving success and having a life that you really love?

19. Are there any to-do's you've been avoiding that are weighing on the back of your mind? Please list them here:

(i.e. overdue doctor's appointments, oil change, overdue bills, returning a phone call, etc.)

1:

2:

3:

4:

5:

20. Why have you hired a life coach?

21. What should I know about you and your personality in order to coach you best?

22. How will you know when you've received value (your money's worth) from the coaching process?