

Questions For You...

Answer these questions to the best of your ability. Do not try to give a good answer. Only the answer that is actual and true, in the moment. No past answers and no future answers.

1. *Energy and passion:*

Where do you get your energy – what motivates and turns you on? What are you passionate about?

2. *Emotion:*

What moves you to tears of joy/sorrow?

3. *Pleasure:*

How do you like to enjoy yourself? What do you enjoy doing?

4. *Stress release:*

What do you find works for you to make you feel better when you are experiencing stress?

5. *Responsibility:*

Where are you likely to be most irresponsible?

6. *Control:*

What emotion (anger, fear, anxiety, etc.) may make you feel most out of control?

7. *Sabotage:*

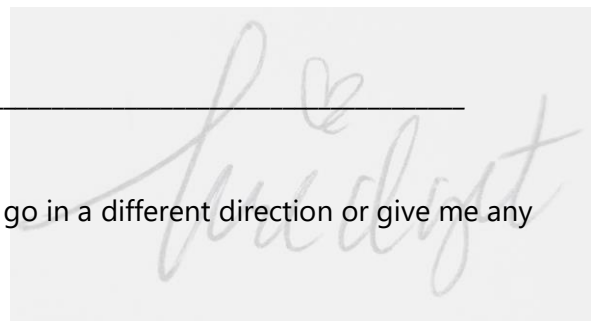
How might you sabotage your coaching progress and our professional relationship?

8. *Results:*

How will you know how effective our coaching has been?

9. *Feedback:*

Are you willing to tell me if you feel our coaching needs to go in a different direction or give me any other honest feedback.



10. *Coaching preference:*

How can I best coach you? For instance, do you like lots of structure or things done informally or a mix of both?

11. *Goals:*

Do you understand that I will support YOU, not just your goals?

12. *Values:*

What are your values – the things in life that are really important to you? If you are not sure of this, we will find out as part of the coaching process.

13. *Business/career opportunities:*

What business/career opportunities you are currently not making the most/anything of?

14. *Personal Aspirations:*

What are three personal desires you are currently not pursuing?

15. *Poor relationships:*

Is there anyone in your life who is constantly putting you down, making you feel inadequate or whom you feel you have to tread carefully around?

16. *Challenges:*

What is the biggest challenge you have in your life right now?

17. *Priority:*

What is your most urgent problem?

18. *Regrets:* (optional question) What are the biggest regret you have in your life:
Personal; Career/Business

