

Coach Connect Q's



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1. What does winning in life look like for you? Describe (be as specific as possible)
2. If money is not a concern, what would you be doing?
3. Describe a recent GREAT day in your life? What happened? Who did you meet? What did you do/eat?
4. What do you think is holding you back and what do you think would it take to move forward?
5. How much time are you willing to invest in your life change/transformation? Per day, per week, per month?
6. How much would you be willing to invest in your transformation?
7. If someone told you exactly what you needed to do to change your life, would you listen? How much of it would you do?



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