

Some questions to consider before we get started:

1. What do you most want from our coaching relationship?
2. If you could have or be anything you want, what would it be?
3. What is your favorite quality or your favorite thing about yourself?
4. What is the biggest internal change you've made in your life so far?
5. What are you most afraid is true about you?
6. What works best to support you moving forward?
7. What gets you unstuck when you are stuck?
8. What makes you smile, what makes you laugh?
9. What is your relationship to experiencing your emotions?
10. What is your relationship to your body?
11. What gives meaning to your life?
12. What feedback do you consistently get from life?
13. What inspires you? What gets you up in the morning and willing to stay up late?
14. What do you want, professionally, for yourself? For others?
15. What is your relationship to your own personal power as a human being?
16. What are your spiritual beliefs? Do you believe in the concept of a higher power? Please describe the most empowering aspects of your spiritual beliefs.
17. How do you learn best?
18. How do you reinforce or practice what you're learning?
19. What do you most want to learn in our work together?
20. What is your dream of yourself five years from now?
21. What else would you like me to know about you or the work we are going to do together?