

**Getting to Know You**

781 – 312 – 0280

emorris@werideatdawn.biz

werideatdawn.biz

*Please read the following questions carefully and answer them thoughtfully. Your answers will help me get to know you and will greatly maximize the effectiveness of our work together. Please feel free to answer as honestly as possible; your responses are kept strictly confidential.*

**Your Childhood**

1. Please tell me a little about your childhood. Would you call yourself a happy child? Were you often angry, sad, or afraid? Why?
2. When you were a child, were there any activities that were so interesting to you that they could cause you to lose track of time (you had to be reminded to come home for dinner, go to bed etc.)? Please tell me about them.
3. What were your favorite subjects in school? Why?
4. Did you enjoy school? Why or why not?

**Your Partner and Children**

1. Are you married or involved in a long-term relationship? Are you happy with your relationship (or lack thereof)? Tell me about it.

1. Do you have children? If so, what are their names and ages?

1. Are there any activities in which you now participate (as an adult) that cause you to lose track of time? Please tell me about them.
2. What is your proudest accomplishment? Why?
3. What was the darkest moment in your life? What happened? Please tell me about your experience.
4. What are four or five activities that you engage in on a regular basis that you *enjoy very much*?

1.

2.

3.

4.

5.

1. What are the activities that you do on a regular basis that you *dislike very much*?

**Your Career**

1. Briefly describe your ideal profession (what you want to do, for whom and why)?
2. What is the biggest challenge you face with developing your career?
3. What would be possible for you if you overcame this challenge?
4. What do you think you were born do? What is your current niche (if you have one)?
5. What are you so passionate about that you are willing to feel the fear and do it anyway?
6. What do you truly believe is holding you back from doing what you were made for?

**Your Draw to Coaching**

1. Why did you sign up for coaching? What is the problem that you have been struggling with?
2. What have you tried to do already to resolve this problem?
3. What are the results that you are hoping to achieve through being coached? What will change in your life if you get what you truly desire?
4. What is the most important thing I should know about you now?

**Your Big “IFs”**

*Please complete the following sentences by writing down the first thing that comes to mind. Go for spontaneity, not practicality.*

1. If I could make anything, it would be…
2. If I had the money, I would…
3. The world would be a better place if…
4. If I could change one thing about myself, it would be…
5. If I would not hurt anybody’s feelings, I would…
6. If I were creative enough, I would…
7. If I just had the time, I would…
8. If I could do one thing in life that I have not done yet, it would be…

9. If I could change one thing in my past, I would…

*\*Adapted from Finding Your Own North Star by Martha Beck*