INITIAL INTERVIEW

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_

Answer these questions as thoroughly as possible.

1. What are the current challenges in life?

1. If you could have anything you want, what would it be? Include relationships, health, career, toys and recreation, spirit.

1. It’s your 90th birthday, you’re perfectly healthy and you are attending a party in your honor celebrating your life. What would you like the people at the party to be saying about, and to, you? Try and have some fun with this.

1. Pretend you are wearing a special pair of glasses. Through these glasses you are able to see, immediately, who and what energizes your life, and who and what drains the energy from your life. Carry a small pad or piece of paper to make note of these items as they happen or at least daily. It is information you can use to create the life you will be most happy with.
2. Having answered the questions and assessed your personal needs, consider how helpful it would be to have a partner in the coaching process. Contact me to book a consultation to explore how I can help you make the most of these uncertain times.

 Coaching

Living Out Loud

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