

Pre- Coaching Questionnaire

In order to get the most out of any coaching session, it's helpful to put some thought into what it is you would like to achieve, during and after the sessions.

Please take a moment to answer the questions below as fully and honestly as you are able.

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

Date Completed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What 3 goals do you want to achieve within the next 3 months?

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* What is the greatest challenge you have had to overcome?

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* On a scale from 1-10 how happy are you with your life right now? What are the things that make you happy?

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* What would you like from your coach during your session(s)?

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