



Client Questionnaire - As your coach, it is important for me to get a clear understanding of how you view yourself and your world. Please spend some time answering the questions below. Do not rush, as these questions are designed to give me a framework in order for us to map out your next steps. Be honest and truthful with your answers. We will talk about action items during our coaching sessions.

Your Name:

Date:

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1. What is happening in your life at the moment that shows there is an issue?

 2. What do you want from our coaching partnership?

 3. If you were to FULLY and completely live your life, what is the FIRST change you would start to make?

 4. What are 3 things you are doing regularly that don't serve or support you?

 5. What self-care activities are you participating in, if any?

 6. What's bugging you right now? (Make a list). What are you doing about it?

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7. What are you tolerating/putting up with that needs to change so you can move forward?
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8. What do you believe to be your most important values? Do you believe you are living congruently with these values?
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9. How do you respond when you are in a really challenging situation?
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10. What three steps could you take immediately that would make the greatest difference in your life?
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11. We show people how to treat us by the way we treat ourselves: How do you teach people to treat you??
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12. If you trusted your coach enough to tell them how to manage you most effectively, what tips would you give?
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13. What can your coach say when you are "stuck", to help you return to action?
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