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**“*Everything Is A Choice* | *Through A Coach’s Eyes”***

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CLIENT COACHING QUESTIONNAIRE

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E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone (day) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Congratulations on taking an important step in your life!

This tool is meant to empower you to think clearly and allow yourself to look for the answers to what you want, what limitations you’re currently living with and how you can move your life forward to the desired life you want to live.

In order to make the most of our coaching partnership, I invite you to give yourself the gift of time where you can set aside approximately 45 minutes to allow your answers to come from your total being. Find an environment that is relaxing, without distractions, that allows you to be at your best; 100% focused on you.

Take your time to consider the questions choosing to answer all or as many of them you wish.

Take a deep breath, relax and focus on YOU!

**YOUR GOALS**

What specific goals do you want to achieve in the next 3 months?

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What do you want to make happen in your life over the next year?

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What is your main goal for our coaching sessions?

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What would you like me to do if you get behind on your goals?

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What is a dream or goal that you have given up on and what stopped you from achieving it?

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What is the best way for us to measure/track success as we move toward achieving your goals?

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**YOUR LIFE**

What major changes have you experienced in the past two years? (ie.. change of job, a new role, relationship, care of parents, move/relocation, etc.)

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On a scale of 1 – 10 (10 high), how fulfilled are you with the choices you’ve made in the last 6 months? \_\_\_\_\_\_\_

On a scale of 1-10 (10 high), how much stress is in your life right now? \_\_\_\_\_\_

What causes you stress?

 \_\_\_\_\_\_

List 5 things that you are tolerating in your life that you are not really thrilled with.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What concerns do you have about your life?

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On a scale of 1-10 (10 high), how would you rate your satisfaction level of your quality of life?

\_\_\_\_\_\_\_\_\_\_\_

**YOUR LIFE**

What things/activities bring you pleasure, happiness or joy?

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What would you LOVE to have, be or do, in/with your life that you don't have? What’s in the way?

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How would your life be different if you could have, do or be what you want?

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What stirs your feelings of motivation?

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What would you say are 3 of your greatest accomplishments in your life to date?

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3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**OK…LET’S COACH!**

There are a few different approaches to coaching people. Remember this is a partnership and I want to make sure you get what you want. To help understand your expectations, please circle the appropriate numbers to show how strongly you agree with the following statements:

## Strongly Disagree Slightly Disagree Neutral Slightly Agree Strongly Agree

 1 2 3 4 5

|  |  |
| --- | --- |
| I want my coach to hold me accountable for achieving my targets/goals. | 1 2 3 4 5 |
| I want my coach to be inspiring and supportive. | 1 2 3 4 5 |
| I want my coach to be tough with me. | 1 2 3 4 5 |
| I want my coach to assist me to see things from a different perspective. | 1 2 3 4 5 |
| I want my coach to include looking at how my thoughts and beliefs create the actions I take. | 1 2 3 4 5 |
| I want my coach to keep pushing me forward and focused on doing what I need to do to be successful as I defined success. | 1 2 3 4 5 |

What characteristics do you consider as your strengths? Weaknesses?

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On a scale from 1-10 (10 off the charts), how prepared are you to commit the time, money and energyto your coaching plans? \_\_\_\_\_\_\_\_

What else do you want me to know before our first session?

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