

Your history

Describe your three greatest accomplishments to date.

What made these accomplishments stand out for you?

What have you incorporated into your current actions from your past accomplishments?

How could you use what you've learned from these accomplishments to assist you in making future changes?

What major transitions have you had in the past 2 years? (for example, new assignment, new residence, new relationship, etc.)

If you work for the coach before or similar one-on-one adult relationship (for example, tennis coach, piano teacher, therapist), what worked well for you?

If you worked with a coach, and you are not currently, how did that relationship end?

Your life

Who are or have been your major role models?

What attributes of these Role Models do you admire and want to emulate?

What are the five most positive things in your life?

What are five things you would like to change in your life that would make it even more satisfying, effective, and joyful? (examples include relationships, information, environment, job.)

Who are the key supportive people in your life, and what do they provide for you?

On a scale of 1 to 10 (one being least effective and 10 being most effective), rate the quality of your life. By what criteria did you rate yourself?

What percentage of the life you are leading is actually YOUR life?

Your Self Today

List five adjectives that describe you at your best.

What prevents you from being at your best?

What energizes you?

What saps your energy?

What are you learning and accepting about yourself at present?

In what ways do you currently spend time, but if you were to spend it differently, would yield greater happiness and achievement?

What do you consume now, but if you didn't, but allow you to be healthier? (For example, alcohol, caffeine, sugar.)

Could therapy be effectively resolve some issue in your life now?

Your Potential

What is your personal and/or professional vision?

Would you like to contribute to the world?

What are you most wanting to achieve in the next three years?

What are you most wanting to achieve in the next 6 months?

Already are you to go for it?

Use the topics below as though starters for the goals above:

family/home	relationships	financial situation	leisure time
career or business	self care	personal character	learning

Making It Happen

Why have you hired me?

What are three immediate changes you can make to get you off to a good start in our coaching?

How can I help you to be more effective and working toward your goal?

Here are some ways clients work with me which of these appeal to you? (Select as many as apply.)

- Brainstorming strategies together
- support, encouragement, and validation
- insight into who you are and your potential
- painting a vision of what you can become or accomplish
- exploring possibilities in building on past success
- accountability; checking up on goals
- suggesting or designing action steps that lead to Greater Effectiveness and joy

What approaches to change have you found to be less effective for you?

What responsibilities do you have for ensuring that our relationship works well?

How will you know that your coaching experience has been effective?