



Client Discovery!

Please spend at least 15 minutes before your coaching chat or session to answering the following questions. This will get the coaching process going before you even speak with your coach. It will give you some clarity, and a strong base from which to explore how coaching will be useful at this stage of your life.

Note: You may find some of these questions ask the same thing in a different way. And if you have trouble filling in any of these questions, you can tell your coach you're looking for clarity and direction 😊!

- For each of the following life areas – how would you rate your life out of 10, 10 being you can't imagine it to be any better.

| | | |
|---------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Health | <input type="checkbox"/> Family | <input type="checkbox"/> Fun |
| <input type="checkbox"/> Money | <input type="checkbox"/> Relationship(s) | <input type="checkbox"/> Fulfillment |
| <input type="checkbox"/> Career | <input type="checkbox"/> Peace | <input type="checkbox"/> Other: _____ |
- What's one goal you would could achieve by six months from now that would make a BIG difference to your life?

- If you could have MORE of one thing in your life right now, what would it be?

- What are the three biggest things you are tolerating or putting up with in your life?

Toleration 1:

Toleration 2:

Toleration 3:

- If you could change one thing in your life, what would it be?

- Out of everything you've done, or who you are, what would you most like to be acknowledged for:

7) To increase your enjoyment of life, what are the three key areas for you to focus on for your own personal development?

Area 1: _____

Area 2: _____

Area 3: _____

8) Please write down one thing you would like, but are not sure if or how you can have it.

Target: _____

9) Assuming all human beings have some way of sabotaging their life, or holding themselves back, what would be your favourite method? (You might like to rank your top five in order from 1 – most effective to 5 – least effective.)

- | | | |
|--|--|--|
| <input type="checkbox"/> Procrastination | <input type="checkbox"/> Tolerating | <input type="checkbox"/> Following secondary goals that won't ultimately make me happy |
| <input type="checkbox"/> Indecisive | <input type="checkbox"/> Not saying "No" | |
| <input type="checkbox"/> Arrogance/being right | <input type="checkbox"/> Not saying "Yes" | |
| <input type="checkbox"/> Acting as a "Lone Ranger" | <input type="checkbox"/> Controlling life/people | <input type="checkbox"/> Not always telling absolute truth |

10) If you did work with a coach, speaking to him/her once a week or once a month, what would you most likely get from the relationship that might have been missing over the past few months or years (besides forms like this! ☺)? Please rank the top three.

- | | | |
|---|---|--------------------------------------|
| <input type="checkbox"/> Ideas/strategies | <input type="checkbox"/> Direction | <input type="checkbox"/> Inspiration |
| <input type="checkbox"/> Validation | <input type="checkbox"/> Sounding Board | <input type="checkbox"/> Focus |
| <input type="checkbox"/> Support | <input type="checkbox"/> Accountability | <input type="checkbox"/> Challenge |

11) How coachable do you suspect you are? Where being coachable means that you are open to input and feedback; comfortable in partnership; and ready to make changes.

- | | | |
|---------------------------------|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Highly | <input type="checkbox"/> Reasonably | <input type="checkbox"/> I'm trouble |
|---------------------------------|-------------------------------------|--------------------------------------|

12) How affordable do you feel the coaching fee is for you?

- Comfortable
- Reasonably, assuming consistent results
- A stretch, but OK if consistent results
- I don't see how it could be worthwhile

Thank you!

Now please email your form to me