

Client Questionnaire

Read and fill in the necessary information.

As your coach, it is important for me to understand who you are, what you value, and how you approach life. As such, I developed this questionnaire with a variety of "pondering"-type inquiries, designed to promote exploration about what you really want out of life. Please set aside some time to thoroughly consider these questions and then fax () or e-mail your responses to me prior to our initial session. (I will also send you these questions via e-mail.) Thanks!

Name: _____ **Birthday:** _____

Mailing Address: _____

City/State/Zip: _____

Telephone – Day: _____ **Telephone – Eve:** _____

Telephone – Mobile: _____ **E-mail:** _____

Best time/place to reach you: _____

1) Why have you hired me?

2) What are the primary short-term goals that you want to focus on in the next 90 days? (Please indicate the date by which you would like to achieve each goal.)

Goal 1: _____ **Date:** _____

Goal 2: _____ **Date:** _____

Goal 3: _____ **Date:** _____

Goal 4: _____ **Date:** _____

Goal 5: _____ **Date:** _____

Goal 6: _____ **Date:** _____

Goal 7: _____ **Date:** _____

Goal 8: _____ **Date:** _____

Goal 9: _____ **Date:** _____

Goal 10: _____ **Date:** _____

3) What long-term goals do you want to focus on in our coaching? (Only choose things that you really want, not what you feel you should do!)

4) What would you like to do or accomplish during your lifetime (personally or professionally), in order to consider your life well lived, with few or no regrets?

5) What is your passion in life or what makes you happiest and most fulfilled?

6) What are your favorite pastimes (name at least 5)?

7) What motivates you or gives you energy? (i.e., deadlines, caffeine, your values, meditation, exercise, nature, status, adrenaline, etc.)

8) What do you consider to be your personal and/or professional strengths?

9) Tell me 5 things in your personal/professional life, past or present, of which you are most proud.

10) Are you aware of any behaviors/beliefs that stand in the way of you achieving professional success and having a life you really love?

11) Tell me what I should know about you in order to coach you best.

12) How will you know that our coaching has been effective?

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