

# **Life Coaching Questionnaire**

## **Coaching Questions:**

- 1. What do you want to make sure you get from the coaching relationship?**
- 3. What can I say to you when you are most "stuck" that will return you to action?**
- 4. What changes might you need to make in order to help your coaching be successful?**
- 5. If you trusted your coach enough to tell him or her how to manage you most effectively, what tips would you give?**
- 4. What two steps could you take immediately that would make the greatest difference in your current situation(s)?**

## **Personal Goals:**

- 1. If there were a secret passion in your life, what would it be?**
- 2. Write down 2-3 things that are really working well for you.**
- 3. What do you do when you feel overwhelmed?**
- 4. What's missing in your life? What would make your life more fulfilling?**
- 5. What activities have special meaning for you?**

**6. Who are the significant people in your life?**

**7. List the 5 ways you would like to grow in the next year**