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Coaching Questionnaire

Name _____ Date of initial visit _____
Address _____ Referred by _____
Phone (day) _____ (eve) _____ Date of Birth _____
Email _____

Please take a few minutes to complete the following questionnaire on a separate sheet of paper PRIOR to your free consultation and return to carol@peaceways.us . The information is requested to get your thought processes moving and ensure effective use of our time together. **All information will be treated confidentially.**

1. What do you specifically want to achieve (in the next 12 months)? Be specific: Financially, Emotionally, physically, spiritually, professionally and in your relationships?
2. Look back at the goals you identified for question 1:
 - a. Time shift to when the goal has already been achieved. It is now (date) and you are now (goal), what does achieving these goals mean to you/
 - b. Be specific: How do you feel? What does it look like? What do you hear? Please address each goal.
3. If your goal is intangible, how will you know when you achieved your goal? What will you see, hear, feel?
(If your Goal is Tangible go directly to question 4)
4. How does achieving each of your goals impact other aspects of your life? When answering, please include family and other relationships.
5. What has prevented you from achieving these goals in the past?
6. What skills, tools and other resources do you currently have that will aid in your ability to achieve your goals?
7. What specific action steps can you take to achieve these goals?
8. What additional skills, tools and resources do you need to develop to help to achieve your goals?