



Client Questionnaire

Hello bright and shiny new client! As your coach, it's important for me to get a sense of how you view the world as well as your place in it. The following questions are designed to help me get to know you and kickstart our upcoming coaching conversations. Please give yourself time to review and reflect on your answers, and feel free to use extra pages if necessary. We'll discuss all of this and more during our upcoming Discovery Session.

Your bio in 20 words (more or less):

What do you want more of in your life?

What's most important to you? Please name 5-10 values that get to the heart of what really matters to you personally.

If time and resources were not a concern, describe the things you would LOVE to do.

YOU ARE HERE. But why? Please share your thoughts on your life purpose or personal mission statement. (If you don't have one, that's okay. Just jot down a couple ideas around this and we'll talk.)

What are your big picture goals? How about the more immediate ones?

Which specific goals would you like my support in accomplishing?

Any habits you'd like to help creating or breaking?

What would make this coaching relationship hugely beneficial for you?

Ready to let your hair down a little? The following questions are meant to be answered quickly and spontaneously. Your first thoughts are the best ones here so forget analysis paralysis, and.... GO!

Complete this sentence: It's a good day when_____

What's your theme song?

What superhero would you like to be?
What's your power?

You just won the lottery! What now?

What makes you laugh hysterically?

You're getting a tattoo that no one else will ever see unless you show them. What words/images do you choose?

What do you want to be when you grow up?

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(fill any way you'd like!)