

## GETTING A STRONG START WITH COACHING

Here is a list of questions. Please e-mail your answers to me ahead of our initial session. Think deeply, be truthful and above all - enjoy/have fun with the inquiries!!! I'm looking forward to exploring with you how you can live your best life.

1. What is a dream you have that's worth working for, starting now? What are you passionate about?
2. What consumes your time and energy that doesn't contribute to a fulfilling present or promising future? What challenges are you facing now?
3. What 3 really important things would you like to accomplish beginning RIGHT NOW? Dates for completion? Next 90 days?
4. How willing are you to make substantial changes? Name a substantial change that you are proud of completing in the past.
5. What are your most important gifts, talents, strengths? What motivates you?
6. Anything else you want me to know about you that will help me in coaching you?
7. What do you expect from me as your coach and from the coaching relationship?

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