

LIFE COACHING SURVEY



Please answer the following questions to help me get better understanding of you coaching needs.

1. Where do you get your energy from?
2. What are you proudest about in regards to your life/and or work? What is going well?
3. Please give me a brief summary of your current situation.
4. What challenges and problems are you currently facing?'
5. Of all these challenges, which need attention immediately?

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6. Which are low priority that can be corrected over time?

7. What are the 5 goals you want to accomplish in the next sixty days?

8. What motivates you to take action?

9. What obstacles do you need to anticipate?

10. What else should I know about you, as your life coach? How can I best support you with coaching (i.e. strong feedback, gentle encouragement, listening, direct suggestions, advice, accountability, other)?

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