

# Pre-Coaching Questionnaire

**Client Name:** .....

**Mobile No.:** .....

<p>What are you loving about life right now? What's not so great?</p>	
<p>What are your strong points as a person? What would you like to improve?</p>	
<p>How do you take care of yourself?</p>	
<p>Are there ways you think or behave where you know you hold yourself back?</p>	
<p>Do you have any talents, skills or passions you are not using right now?</p>	
<p>Are you getting paid for doing something you love?</p>	

**What's missing from your life that you can't let go of? The thing you want to have happen or keeps tugging at your heart?**

**Is there anything you really want to tell me? A question or area you hope I won't ask you about, but secretly, you want me to?**

**What do you most want to get out of this coaching series? Don't be afraid to say the big goal or goals you truly want to achieve.**

**How would you like to feel at the end of a coaching series?**