

Who you are...

Below are some questions that will help me understand you better. Jot down your initial responses (don't agonize!) and email them to me in advance of our first meeting (or just bring them with you).

My greatest strength, gift or talent is...

My greatest weakness is...

What I want more of in my life is...

What I want less of in my life is...

What holds me back the most is...

The people most important to me are...

My friends would describe me as...

The people I work with would describe me as...

My 5 greatest values are...

My basic spiritual (or philosophical) belief is...

On a scale of 1 to 10, (1= poor, 10 = great) rate your current situation as per:

Personal happiness	career satisfaction	health
Main relationship	friendships	Recreation
personal finances	Sense of purpose	spiritual life

A more balanced life for me would involve ...

What I enjoy doing most is...

The most important thing in life for me is...

If my heart (or that place of your deepest longing) were looking for something, it would be looking for.....

My biggest dream (however impractical) is.....

I will feel completely fulfilled when...

Why did you choose me as your coach...

The main thing I want out of coaching is...

The main area I want to clean up in my life is...

What I most want from my coach is

If you are aware of your life purpose, please describe it....

List 5 goals you want to achieve over the next 2 years.....