



## Life Coach Questionnaire

1) What are the three biggest changes you want to make in your life over the next five years?

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2) What three goals do you want to accomplish within the next three months?

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3) If anything were possible, for what would you wish?

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4) What are your three greatest successes?

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5) What is the greatest challenge you have had to overcome?

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6) What major changes have you faced over the last several years?

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7) What is most important to you in your life? Why?

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8) Who is most important to you in your life – with what does s/he provide you?

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9) On a scale of 1 -10 how happy are you with your life right now? What are the things that make you happy?

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10) On a scale of 1-10 how motivated are you in your work/personal life? What motivates you?

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11) On a scale of 1 -10 how stressed do you feel right now – what are your key stressors?

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12) List 5 things that you feel you are ‘putting up with’ right now?

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13) What would you like your coach to do if you struggle with your goals?

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14) How will you know when you are receiving value from the coaching process?

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15) Are there approaches that motivate or do not motivate you? Please identify.

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16) What would you like from your coach during your sessions: score on a scale of 1 -10 where 1 is not at all important and 10 is extremely important:

- Gaining clarity of issues
- Understanding what is important /what motivates me
- Exploring and understanding what is holding me back
- Gaining an insight into who I am, my strengths, capabilities and potential
- Providing encouragement and support
- Helping define goals
- Helping to identify action and next steps
- Challenging you with difficult questions
- Providing honest and direct feedback
- Making you accountable for your goals