Preparation Questionnaire

Please answer these questions as honestly and completely as possible. Feel free to take additional room. Return this form before your next session.

1. What do you want to get out of being coached?

2. What motivates you?

3. How do you tend to sabotage yourself?

4. How do you best learn? What is your learning style?

5. How do you release stress?

6. How do you enjoy yourself?

7. What do you do to look after yourself on a regular basis?

8. What do you think are your weak points in life?

9. What are your strong points?

10. What have you given up on in life? (e.g., "I’ll never be fit" or "I’ll never meet a great partner".).

11. When were you happiest in your life? Why?

12. When were you unhappiest in your life? Why?

13. Do you have any physical or family circumstances that affect your ability to perform activities of daily living (such as chronic illness, injury or psychological issues for yourself or a member of your immediate family)?

14. If you could have anything in the world what would it be?

15. What do you want the rest of your life to be about?