

Experience **THE LEAP** *Mastermind* **COACHING**

■ C O A C H I N G . . . Q U E S T I O N N A I R E . . . ■

First Name: _____ Middle Initial: _____ Last Name: _____

GOALS

What are the 3 goals you intend to achieve over the next three – six months?

1 _____

2 _____

3 _____

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

1 _____

2 _____

3 _____

PERSONAL HISTORY

What would you say have been your three greatest accomplishments in your life to date?

1 _____

2 _____

3 _____

What is the hardest thing you have ever had to overcome?

Who are or have been your major role models?

What major transitions have you had in the past two years? (i.e. – entering or approaching a new decade of life, a new relationship, a new job, a new role, a new residence, changes in children’s ages/stages of life, separation, divorce, death of a loved one, birth of a child, marriage, etc.)

YOUR LIFE

Who are the key people in your life and what do they provide for you?

Is your life one of your choosing? If not, which parts are being chosen for you?

On a scale of 1 – 10, 10 = HIGH, provide a number that represents your current level/degree of stress: ____

What are your primary stressors?

On that same scale rate your level of connection and rapport (know, like, trust) with your body:

List five (5) things that you are tolerating or putting up with in your life at present. (i.e. – information you cannot find, rude people, poor lighting, tight shoes, dented car, job dissatisfaction, dead plants, broken equipment, old appliances, etc.)

1 _____

2 _____

3 _____

4 _____

5 _____

COACHING YOU

What would you expect or like your Coach and or Accountability partner to do if you get behind on your goals or commitments?

How will you know when you are receiving value (i.e. – your money’s worth) from the Coaching process?

What types of approaches discourage you or take away your motivation?

How can your Coach best support you in the Coaching relationship? Please Rank the following in order of what you want most out of our Coaching relationship (1 = HIGH; 10 = LOW).

_____ Brainstorming Strategies Together

_____ Insight into Who You Are and Your Potential

_____ Support, Encouragement, Validation
Success

_____ Exploring and Removing Blocks and Obstacles to Your

_____ Accountability; Checking up on Goals

_____ Working through Self-Improvement Programs Together

_____ Suggesting or Designing Action Steps
Goals Coaching

_____ Painting a Vision of What You Can Become or Accomplish

POTENTIAL & POSSIBILITY

Do you have a personal or professional vision?

CHECK ONE RESPONSE: YES _____ NO _____

If so, what is it?

What would you like to contribute to the world?

What is a dream or goal you have given up on?

What part of yourself, if any, have you given up on?

On a scale of 1 to 10 (10= HIGH), rate the quality of your life today:

_____.

What would you change?
