**Your History**

1. Describe your three greatest accomplishments to date.
2. What made these accomplishments stand out for you?
3. What have you incorporated into your actions from your past accomplishments?
4. How could you use what you’ve learned from these accomplishments to assist you in making future changes?
5. What major transitions have you had in the past two years?
6. If you worked with a coach (or a similar one-on-one adult relationship) before what worked well for you?
7. If you worked with a coach, and you are not currently, how did that relationship end?

**Your Life**

1. Who are, or have been, your major role models?
2. What attributes of these role models do you admire and most appreciate?
3. What are the five most positive things in your life?
4. Who are the key supportive people in your life, and what do they provide you?
5. On a scale of 1-10, rate the quality of your life. By what criteria did you rate yourself?
6. What percentage of the life you are leading is actually YOUR life?
7. What do you most value about yourself, your relationships and the nature of your work?

**Your Self Today**

1. List five adjectives that best describe you at your best.
2. What prevents you from being at your best?
3. What energizes you?

1. What saps your energy?
2. What are you learning and accepting about yourself at the present?
3. In what ways do you currently spend your time, that if you were to spend it differently, would yield greater happiness and achievement?

**Your Potential**

1. What is your personal vision?
2. What would you like to contribute to the world?
3. What are you most wanting to achieve in the next three years?
4. What are you most wanting to achieve in the next six months?
5. How ready are you to go for it?

**Making It Happen**

1. Why have you joined the program?
2. What three immediate changes can you make to get you off to a good start in our coaching?
3. How can I help you to be more effective in working towards your goals?
4. Here are ways that coaching clients work with me. Which of these appeal to you?
* Brainstorming strategies together
* Support, encouragement and validation
* Insight into who you are and your potential
* Describing a vision of what you can become or accomplish
* Exploring possibilities and building on past successes
* Accountability; checking up on goals
* Suggesting or designing action steps that lead to greater effectiveness and joy
* Other:
1. What approaches have you found to be less effective for you?
2. What responsibility do you have for ensuring that our relationship works well?
3. How will you know that your coaching experience has been effective?

**Financial**

1. What comes up when you think of your money situation?
2. What are the messages in your head around money?
3. In your current situation, what is enough money? What is being rich? Where are you in this range?
4. Where do you want to be? By when?
5. What three immediate changes can you make to get you off to a good start in our coaching?
6. How can I help you to be more effective in working towards your goals?