



GENERAL

Have you ever worked with a coach, therapist and/or a personal trainer? If so, for how long? What is/was your experience like?

What are 10 things you are **grateful** for? Be as specific as possible.

What are 3 things that bring you **joy**?

PAST *Please Share the major events in each period in your life.*

Age 0-5:

Age 6-10:

Age 11-15:

Age 16-20:

Age 21-25:

Age 26-30:

Age 31-35:

Age 36-40:

Age 41-45:

Age 46-50:

Age 51-55:

Age 56-60:

PRESENT

What do you love about your work and life that makes you feel excited to be alive?

What do you long to bring more of into your work and life? What would make you feel more fulfilled?

What is the gift that you ultimately want to share with the world? What impact do you want to have in the world?

FUTURE (GOALS, INTENTIONS, DESIRES)

Career/Work:

1. What would this area of life **ideally** look and feel like in the life of your dreams?
2. What is the **current** state of this aspect of your life?
3. What is in the gap (i.e. what explains it) between your current and ideal state?
4. What is one small thing you can do to move in the right direction?

Family:

1. What would this area of life **ideally** look and feel like in the life of your dreams?
2. What is the **current** state of this aspect of your life?
3. What is in the gap (i.e. what explains it) between your current and ideal state?
4. What is one small thing you can do to move in the right direction?

Friends:

1. What would this area of life **ideally** look and feel like in the life of your dreams?
2. What is the **current** state of this aspect of your life?
3. What is in the gap (i.e. what explains it) between your current and ideal state?
4. What is one small thing you can do to move in the right direction?

Significant Other/Love:

1. What would this area of life **ideally** look and feel like in the life of your dreams?
2. What is the **current** state of this aspect of your life?
3. What is in the gap (i.e. what explains it) between your current and ideal state?
4. What is one small thing you can do to move in the right direction?

Fun & Recreation:

1. What would this area of life **ideally** look and feel like in the life of your dreams?
2. What is the **current** state of this aspect of your life?
3. What is in the gap (i.e. what explains it) between your current and ideal state?
4. What is one small thing you can do to move in the right direction?

Physical, Mental, Emotional Wellbeing:

1. What would this area of life **ideally** look and feel like in the life of your dreams?
2. What is the **current** state of this aspect of your life?
3. What is in the gap (i.e. what explains it) between your current and ideal state?
4. What is one small thing you can do to move in the right direction?

Financial Wellbeing:

**Questions Adopted from the following sources: 1) Phung, LL., Dash, T., Garg, P., Stokes, J., et al (2023) Storylines: Tracing the threads of motivation and meaning in our lives. 2. a)plan coaching (2023) Launch exercises.*

1. What would this area of life **ideally** look and feel like in the life of your dreams?
2. What is the **current** state of this aspect of your life?
3. What is in the gap (i.e. what explains it) between your current and ideal state?
4. What is one small thing you can do to move in the right direction?

Learning, Personal Growth, Spirituality:

1. What would this area of life **ideally** look and feel like in the life of your dreams?
2. What is the **current** state of this aspect of your life?
3. What is in the gap (i.e. what explains it) between your current and ideal state?
4. What is one small thing you can do to move in the right direction?

Home & Physical Environment

1. What would this area of life **ideally** look and feel like in the life of your dreams?
2. What is the **current** state of this aspect of your life?
3. What is in the gap (i.e. what explains it) between your current and ideal state?
4. What is one small thing you can do to move in the right direction?

Contribution & Service:

1. What would this area of life **ideally** look and feel like in the life of your dreams?
2. What is the **current** state of this aspect of your life?
3. What is in the gap (i.e. what explains it) between your current and ideal state?
4. What is one small thing you can do to move in the right direction?

TOP PRIORITIES. Please pick (from across all the areas of your life) **three** goals you'd like to focus on:

1. First Goal:

- a. Current Situation:
- b. Steps you can take to get closer to that goal:
- c. What changes do you need to make to achieve this?

2. Second Goal:

- a. Current Situation:
- b. Steps you can take to get closer to that goal:
- c. What changes do you need to make to achieve this?

3. Third Goal:

- a. Current Situation:
- b. Steps you can take to get closer to that goal:
- c. What changes do you need to make to achieve this?

HOW CAN WE WORK BEST TOGETHER?

What do you most want out of coaching at this time in your life?

As your coach, what tips can you give me about how to work with you most effectively?

What has stopped you from getting what you want in your life? Make a list of all the barriers, real or imagined. This is a dynamic list you may update as we proceed.

BONUS QUESTIONS:

DINNER WITH HEROES. Think about those you have admired throughout your life. The figures who have guided and inspired you. Real or fictional. Living or historical. In your family, community, or anywhere in the world. Ask yourself:

“If I were able to host any three to join me for a meal, who would I invite?”

What are the questions I would ask them?”

What questions might they ask me?

What qualities do I most admire in these heroes that I would like to build or expand in myself?

WHERE DO YOU FIND YOUR ENERGY?

Close your eyes and think about the level of energy in your body.

On a scale of 1-10 (with 10 being the most) how energized are you right now?

Consider what influences that energy. Think of the places you visit, the objects that surround you, and the people you interact with on a regular basis. We are constantly exchanging energy, giving and receiving, with everything around us. This energy exchange can have a tremendous influence on our physical strength and our emotional state. Ask yourself?

*What are the qualities and characteristics of the people, places, and objects that **increase** your energy?*

*What are the qualities and characteristics of the people, places, and objects that **drain** your energy?*

WHAT DOES “SUCCESS” REALLY MEAN AND WHAT DOES IT LOOK LIKE?

Looking back on your life from the end of it, how would you know you had lived your absolute best life?

What would you want people to say about you at your retirement party, commemoration, or funeral?

What would give you the deepest satisfaction and allow you to breath your last breath with a smile?