



## Client Discovery!

Please spend at least 15 minutes before your coaching chat or session to answering the following questions. This will get the coaching process going before you even speak with your coach. It will give you some clarity, and a strong base from which to explore how coaching will be useful at this stage of your life.

*Note: You may find some of these questions ask the same thing in a different way. And if you have trouble filling in any of these questions, you can tell your coach you're looking for clarity and direction 😊!*

1 For each of the following life areas - how would you rate your life out of 10, 10 being you can't imagine it to be any better.

Health \_\_\_\_\_

Family \_\_\_\_\_

Fun \_\_\_\_\_

Money \_\_\_\_\_

Relationship(s) \_\_\_\_\_

Fulfillment \_\_\_\_\_

Career \_\_\_\_\_

Peace \_\_\_\_\_

Other: \_\_\_\_\_

2 What's one goal you would could achieve by six months from now that would make a BIG difference to your life?

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3 If you could have MORE of one thing in your life right now, what would it be?

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4 What are the three biggest things you are tolerating or putting up with in your life?

Toleration 1: \_\_\_\_\_

Toleration 2: \_\_\_\_\_

Toleration 3: \_\_\_\_\_

5) If you could change one thing in your life, what would it be? \_\_\_\_\_

6 Out of everything you've done, or who you are, what would you most like to be acknowledged for:

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5) How many months of working with a coach, do you think it would take to truly make a change in our life in the above areas? 3 \_\_\_\_\_ 6 \_\_\_\_\_ 9 \_\_\_\_\_ 12 \_\_\_\_\_ 18 \_\_\_\_\_ 24 \_\_\_\_\_