

Initial Questionnaire

Personal Information

The following information is completely confidential, and will never be shared, sold, or otherwise made public in any way. Please return the following 3 pages to me 24 hours before our first session. You can fax them to me at or email them to <mailto:info@Yourpathtowholeness.net>

Name

Home Address

Home Telephone

E-mail Address

Fax (Home or work) if it's ok to use

Occupation

Employer

Work Telephone

Cell Telephone

Date of Birth

Marital Status

Partner's Name

Names/Ages of Children

Reflection Questions

Your answers below will help me to know a bit about your ideas and thought processes in advance so that I can coach you more effectively. If any questions make you uncomfortable or are too difficult to answer, please just leave them blank.

1. Why are you hiring a life coach?

2. What do you expect from me in my role as your coach?

3. What is your life's purpose or mission? How do you stay faithful to that?

4. What are you passionate about? What gives you joy? What makes your heart sing?

5. What are your top eight values? Circle your top eight and then number them in order from one to eight, with one being the most important to you at this time.

Family	Loyalty	Personal Development
Happiness	Fame	Power
Self Respect	Culture	Freedom
Generosity	Cooperation	Competitiveness
Your Top 5 Values	Fulfilling Employment	Integrity
Self Happiness	Inner Harmony	Other:
Recognition	Adventure	
Wisdom	Involvement	
Friendship	Order	
Advancement	Achievement	
Spirituality	Economic	
Affection	Security	
Responsibility	Creativity	
Health	Wealth	

6. For me to coach you effectively, what should I know about you?
How you think? How you make decisions?

7. What are the top frustrations in your life right now?

8. What are the top things you think you SHOULD be doing right now in your life?

9. What's in your life that you feel grateful for?

10. What adjectives describe who you are now at your core? What adjectives describe who you want to be?