



## Coaching Client Questionnaire

1. In three years, I want to be doing this with my life, business, or career. *Hint: it might be more or less of what you are doing now, doing it differently, or something new altogether.* Name at least three things.

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2. The SINGLE most important challenge to making these things happen is ...

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*You may think of many challenges and you can write them down if you want. Then narrow it to the most important or primary challenge.*

3. When I allow my self to “dream” I envision this for my future....

4. I am most passionate about...

5. My gifts, talents, and unique attributes are (list as many as you can, but at least six)
  
  
  
  
  
  
  
  
  
  
6. The things that give me joy include (list at least four)
  
  
  
  
  
  
  
  
  
  
7. If I could change one habit that doesn't serve me well, the habit I would change is...
  
  
  
  
  
  
  
  
  
  
8. A Freedom-Centric life to me means... (or what freedoms do I want in my life, business, or career)
  
  
  
  
  
  
  
  
  
  
9. What I need most in terms of support and help from a coach is...
  
  
  
  
  
  
  
  
  
  
10. List any other thoughts that came up for you while you were filling out this worksheet.