Noa’s Coaching

Empowering Human Relationships through Leadership and Communication

**COACHING QUESTIONNAIRE**

**Congratulations on taking a very important step in your life!**

This questionnaire contains some powerful questions for you to consider before your first coaching session. This tool is meant to empower you to think clearly, become intentional and allow yourself the privilege to look for the answers. Think about what you want, what limitations you’re currently living with, and how you can move forward into the life you desire living.

To make the most of this session, I invite you to find 45 minutes to 1 hour where you can have an appointment with yourself, uninterrupted. Find an environment that is relaxing, pleasing and allows you to be at your best, 100% focused on yourself. Give yourself the gift of time. Allow your answers to come from your whole engaged being.

Use this tool anyway you would like. Take some time to ponder the questions, answering all the questions or choosing not to.

I strongly recommend that you fill out this form ahead of time. If you would like to fill this out in person or need assistance, we could do that as well. Please let me know what you prefer.

**Make a choice to be open to all possibilities.**

**YOUR GOALS**

What 3 changes do you most want to make in your life?

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What do you most want to achieve?

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What is/are your short term goal(s) (present – 3 years)

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What is/are your mid-term goal(s) (3 – 6 years)

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What is/are your long term goal(s) (6 – 10 years)

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As an adult, have you worked in one-on-one relationship (e.g., tennis coach, piano teacher, and therapist)? 

If yes, what worked well for you? What did not work well?

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What major changes have you experienced in the past two years? (ie.. change of job, a new role, change in residence etc.)

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**YOUR LIFE**

On a scale of 1 – 10 (10 high), how fulfilled are you with the choices you’ve made in the last 6 months? 

On a scale of 1-10 (10 high), how much stress is in your life right now? 

What causes you stress?

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What are you tolerating in your life at present? (Examples: clutter, poor lighting, dented car, job dissatisfaction, dead plants, broken equipment, etc.)

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| 1) |
| 2) |
| 3) |
| 4) |
| 5) |
| 6) |

What areas from the “Wheel of Life” would you like to work on first?

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What is missing from your life?

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If any, what or who is your concept of God? What is your spiritual or religious practice?

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What type of relationships to do you like/dislike?

**LIKE DISLIKE**

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**YOUR SELF**

What do you do for fun?

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How do you learn best: Visual, Auditory, Kinesthetic or a combination?

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What 5 adjectives would someone use to describe you at your best?

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How would they describe you at your worst?

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What five adjectives wouldyouuse to describe yourself at your best?

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At your worst?

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What are your strengths?

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What are your weaknesses?

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What concerns do you have about life?

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| 1) |
| 2) |
| 3) |

What causes you to feel motivated?

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What is success to you? How do you measure it?

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**POTENTIAL & POSSIBILITIES**

What is your personal and/or professional vision?

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If you had all the money you would ever need, what would you do?

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Do you know what is your purpose?

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On a scale of 1-10 (10 high), what is the quality of your life today? 

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Please email all completed pages of this document to NoaSchecter@Yahoo.com