



Personal Coaching Questionnaire

As a coach, it's important for me to understand how you view the world in general and yourself in particular. Each person has a unique way of thinking and a unique way of interacting with those around him or her.

Which of the following statements relates to you? (Please tick box)

- Circumstances take advantage of me and I'd like it to be the other way around.
- I have come to the end of my career path and realise I want something more.
- I work extremely hard for seemingly little reward and would like to take a step back and enjoy what I do.
- I feel my relationships with people need improving. I would like to be more in touch with the people around me.
- I have been placing all my hopes on a miracle and it hasn't happened.
- I lack self-discipline and would like to take more control of my life.

Please answer the following questions

Answer each of these questions as clearly and thoughtfully as possible. But don't overthink it. The first answer that comes to you is usually the best response. These questions designed to make our work together even more productive. Thank you.

1. What do you feel you have been putting up with?

2. What is most important to you in your life right now?

3. Who is most important to you?

4. What goals have you set aside as unachievable?

5. What personal trait or habit do you most wish to change?

6. What things give you enjoyment?
