



Please describe the general relationship and/or dynamic between you and your different children.

From your perspective, why do you feel things are that way?

1. How satisfied are you with your life in the following areas? Use a scale of 1-5, with 1 being the worst and 5 is the best.

Happiness, Fulfillment and Satisfaction:

Home Life:

Relationships:

Body Image:

Spirituality:

Intimacy:

Work/Profession/Business:

Finances:

At this moment in your life, what do you most want?

Right now, what thing would you most like to eliminate from your life?

In your personal life, list three things you simply tolerate.

Give three examples of issues at work that you currently tolerate.

Is there something you'd like to accomplish but don't know how to go about it?

The following are some typical results that coaching clients experience. In your opinion, which three are most important? (Circle or mark your choices)

- Having freedom
- Direction in life
- Maintaining focus
- Experiences
- Being accountable
- Seeing things differently
- Success in relationships

- Implementing strategies
- An improved financial situation
- Having a purpose
- Taking on new challenges
- Any other ideas (write them here):

When you take advice or work with someone to accomplish your goals, how well do you keep your commitments (circle one)?

Always

Sometimes

Not very often

What kind of support do you prefer when challenges in your personal growth or thought process come up?

Good listening

Developing strategies

A guided visualization process

Keeping a journal

Other (write your own):

Is there anything specific you hope to accomplish with this program?

Describe how committed you are to ensuring that this program works for you.

Are there any additional concerns or questions you'd like to address before getting started?