



Directions: To get the most value out of our scheduled call please take a moment to answer the questions prior to the initial consultation.

1. Name three goals you want to pursue? What, if any, actions have you taken?
2. How would your life be different if you achieved your goals?
3. What do you see as your biggest block or obstacle to accomplishing your goals?
4. What is the biggest change you would make right now assuming you have the support to do it?
5. What do you most from coaching?