



## QUESTIONNAIRE FOR YOUR FREE COACHING STRATEGY SESSION

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**Goal:** *To help you reach heightened levels of clarity, energy, courage, productivity, and influence on your march to a successful, healthy, and fully charged life.*

**Instructions:**

Please answer the questions below and on the following pages to the best of your ability and email or fax your responses to me before our call. The first page of questions helps me get to know your goals. The second page helps me understand how you are performing in the six pillars of high performance: psychology, physiology, productivity, persuasion, presence, and purpose.

Your Full Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Country: \_\_\_\_\_

Email: \_\_\_\_\_

Occupation: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender:         Female     Male

Marriage Status:  Married     Single         Divorced

*Please briefly describe how you heard about my coaching services and why you would like a Strategy Session with me:*



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### General Questions:

1. What do you do for a living, and why did you choose that career?
2. What are the top 3 goals you are striving to achieve in your life and career right now?
3. What major stressors and challenges are you struggling with right now?
4. When you feel like your most successful and happy self, what makes you feel that way?
5. What would your dream life look like if you could wave a wand and make it happen?
6. What has prevented you from having that dream life?
7. What goal or dream have you ever given up on or failed at?
8. What 3 big changes would you like to make in your life this year and next year?
9. What are you most proud of and excited about in your life right now?
10. How would you describe your ideal coach?



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### High Performance Questions:

1. What negative recurring thoughts, fears, or behaviors would you like to overcome in order to feel more psychologically free, confident and successful?
2. What eating, exercise or general health habits would you like to begin or break in order to feel stronger and more healthy physiologically?
3. What distracts you the most from being more productive, and what major projects or missions are you struggling to complete faster or more efficiently?
4. If you felt even more persuasive or influential, what dream or desire would you ask others to support you in achieving?
5. When do you struggle to be fully present in your day or in any of your relationships?
6. How purposeful do you feel in living each day, and how would you describe your purpose?