

15 Questions that Tell Me a Lot about You!

1. What motivates you?
2. Where do you get your energy?
3. What is a gift that you have that you'd feel great about orienting your life around?
4. What is the lifelong dream that's worth living, starting now?
5. What are the 5 opportunities you are currently not making the most/anything of?
 - a.
 - b.
 - c.
 - d.
 - e.
6. Why have you hired me?
7. How can I best coach you?
8. How will you know if my coaching has been effective for you?
9. How willing are you to make substantial changes?
10. What are 5 changes you could make in a week to get you off to a good start in our coaching?
 - a.
 - b.
 - c.
 - d.
 - e.
11. How might you sabotage our professional relationship?
12. What consumes your time that doesn't give you a wonderful present or future?
13. Where are you most irresponsible?
14. What are you addicted to? (alcohol, sugar, adrenaline, etc.)
15. Should you be in therapy and be resolving something from your past?

