



Preparing the Foundation for Coaching

1. Make a list of what you really want in life. Coaching works best when you have clear goals which are based on your needs and values. If you are not sure what your goals/wants should be, we can discuss them during our first session.

2. Please write a personal biography. Make sure to include the following:
 - What is your passion in life? What makes you happiest/most fulfilled?
 - What is your life purpose? What do you want for yourself, others and for life?
 - What is truly most important to you?
 - Your business mission—What do you want professionally? Why do you do what you do?
 - What do you offer that is unique and/or excites you?
 - Your Legacy? What do you want to leave for others after you are gone? Be specific.
 - Identify your personal and professional strengths.
 - What are you most pleased and proud of having accomplished?
 - Who do you know (identify your network)? What do you know? What gifts do you have?
 - What makes you unique and powerful?

3. Make a list of the things you are tolerating in your life. We put up with, accept, take on and are dragged down by people's behavior, situations, unmet needs,

crossed boundaries, incompletions, frustrations, problems and, even, our own behavior. You are tolerating more than you think, so what are you tolerating?

4. Make a list of the 10 things you are now willing to do or change.

5. Please peruse the following questions and answer as truthfully as possible:

- Where do you get your energy from?
- Where are you most irresponsible?
- What is the gift that you have that you'd feel great about orienting your life around?
- Why have you hired me?
- What are the five changes in a week to get you off to a good start in our coaching?
- How might you sabotage our professional relationship?
- What motivates you?
- How willing are you to make substantial changes?
- How will you know how effective our coaching has been?
- How can I best coach you?
- What are the 5 biz opportunities you are currently not making the most of?
- What consumes your time that doesn't give you a wonderful present or future?
- Should you be in therapy and be resolving something?
- What is your life long dream that is worth living, starting now?