

## Coaching Questionnaire

Please provide open, candid responses to the following sentence starters. Take your time thinking through these - the more complete and honest the response, the better your coach is prepared and able to help you succeed. Remember, your responses are confidential and never shared with anyone other than your coach. This exercise is for your own clarity and to help your coach understand your world and how you think and act within it. If you feel the question doesn't apply simply write N/A in the box. Take your time, take as much space as you need, and enjoy the process! You're on your way!

Starter Statements COACHING		Your Responses - Please type your answers in the boxes below.	
1. The thing that motivated me the most to join this coaching program now is...			
2. The reason I am absolutely committed to succeed in this program and in my life is...			
3. If I had to focus on just two things they would be...			

# CONNECTING YOU

INSPIRATION FROM HEAD TO HEART

<b>Starter Statements YOUR LIFE</b>	<b>Your Responses - Please type or write your answers in the boxes below.</b>
4. If I could have any project promoted or sponsored right now it would be ... and I'd love ...nonprofit and ...company to be involved.	
5. The thing I'm most trilled about in my life is...	
6. The thing I need to work on the most in my life is...	
7. The main reason I am where I am in life right now is because I chose...	
8. The main areas of my life where I seem to be succeeding are...	
9. The main areas of my life where I seem to be spinning my wheels are...	

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INSPIRATION FROM HEAD TO HEART

10. The times when I feel overwhelmed are when things happen like...	
11. The emotions I felt on a consistent basis over the past six months could be described as...	
12. If I am being totally honest, what's held me back from being my best in the past is...	
13. If I am being totally honest the reason I don't have exactly what I've always wanted in life right now is because...	
14. If I am being totally honest, the reason enough people don't know what I really want and need is because...	
15. If I am being totally honest, I've held back a few times in my life because...	
16. If I am being totally honest, the reason I'm not standing out from the crowd more right now is because...	

# CONNECTING YOU

INSPIRATION FROM HEAD TO HEART

17. The emotions that have prevented me from moving forward as fast as I know I can are...	
18. When I hear a disempowering voice in my head, it's usually telling me that...	
19. The way I really feel about what I'm doing in life right now is...	
20. The real reason I'm doing what I'm doing for a career right now is...	
21. If I continue doing what I'm doing, five years from now I'll feel...	
22. I often wish I had more time to spend doing things like...	
23. The work or hobbies that completely absorb my attention when I'm doing them is...	
24. A recent experience I had when I felt completely authentic, completely me, was when...	
25. In the past, the parts of me that I sacrificed or hid or buried in order to please other people were...	

# CONNECTING YOU

INSPIRATION FROM HEAD TO HEART

26. One area of my life where I'm consistently adapting and acting like someone else seems to be when...	
27. The people in my life who are treating me poorly right now are...	
28. I've allowed these people to treat me this way by...	
29. A person in my life from whom I have been backing down lately is...	
30. If I truly believed in myself, I'd step up to this person and say...	
31. If I didn't care so much what other people thought, the first thing I'd probably do is...	
32. If I started believing a little more in myself, I'd be much more likely to...	
33. I know that the people in my life want me to be happy because...	

# CONNECTING with

INSPIRATION FROM HEAD TO HEART

34. the relationships in my life that are truly supporting my well-being and growth are the ones I have with...	
35. A person who was a real miracle worker in my life was...	
36. The person in my life who could use a miracle right about now is...	
37. The three reasons I most appreciate my spouse/partner is that he/she...	
38. I would describe my ideal relationship as one that...	
39. I know I'm a worthy and capable person because...	
40. In order to be the person I know I'm capable of being, I'd have to start behaving more like...	
41. Three reasons I should be hopeful about the future are...	

# CONNECTING YOU

INSPIRATION FROM HEAD TO HEART

42. The dream that I absolutely must start moving toward once again is...	
43. The main goal I'm going to focus on in the next three months to improve my life is...	
44. The reason I must achieve this goal is...	
45. The five bold steps I'm going to take to achieve this goal are...	
46. My ideal life is worth fighting for because...	
47. I know I'm much more courageous than I give myself credit for because...	
<b>Starter Statements</b> <b>YOUR BUSINESS</b>	<b>Your Responses - Please type your answers in the boxes below.</b>
48. If I could do anything in the world, and KNOW that I could make an awesome impact and living while doing what I love, I would...	

# CONNECTING with

INSPIRATION FROM HEAD TO HEART

49. For the last three years, my business has been mostly focused on...	
50. If I maintain the same course I'm on now financially (previous to this coaching program), in five years I will...	
51. I recognize this is a fear because...	
52. The thing I must do right now in order to step up to this problem or fear is...	
53. My areas of expertise that are real strengths include...	
54. My main source of income right now is from...	
55. The product(s) and/or services(s) that I have created and am currently marketing today include...	
56. The number of full-time employees I currently have is...	

# CONNECTING LLC

INSPIRATION FROM HEAD TO HEART

57. Right now, each month I'm earning approximately...	
58. On a scale from 1-10 the level of JOY I feel when I do the following is...	
59. The number of HOURS I'm spending a WEEK doing the following is...	
60. I believe my fastest route to financial independence in the next five years is for me to...	
61. If I'm going to be financially wealthy, the first thing I have to START doing RIGHT NOW is...	
62. If I'm going to be financially wealthy the first thing I have to STOP doing Right NOW is...	
63. The things I've found to keep myself motivated with my business include...	
64. If I could name five qualities that make a person successful in business, they would be...	

# CONNECTING LLC

INSPIRATION FROM HEAD TO HEART

65. I'll know I've succeeded in my business when...	
66. In ten years, I'd like to be in a financial place where I can...	
67. At the end of my life, I want to look back at my business life and know that I...	
68. When I succeed at the level I really want to, the way I'd like to celebrate is to...	

Thank you for completing this questionnaire. You stepped up to living beyond limitations and your journey has just begun!

### Next Steps and Reminder:

1. Save this file to your computer and email it to [jonkellie@gmail.com](mailto:jonkellie@gmail.com)
2. You should save the file name as follows: YourLastName-Profile.doc (example: Frazier-Profile.doc)