

Please fill out the questionnaire below to help you prepare for your coaching session

CLARITY

Do you feel you are clear about who you are, your purpose, and the direction you want to go in life?

1	2	3	4	5	6	7	8	9	10

ENERGY

Do you consistently have enough mental and physical energy needed to excel, accomplish your goals, and feel motivated and happy?

1	2	3	4	5	6	7	8	9	10

COURAGE

Do you take action and consistently express whom you truly are and what you truly think, need, and desire with the world?

1	2	3	4	5	6	7	8	9	10

PRODUCTIVITY

Are you consistently focused and effective, and are you good at minimizing distractions and maintaining priorities?

1	2	3	4	5	6	7	8	9	10

INFLUENCE

Do you feel you have the social influence with your family, friends and team needed to accomplish your goals?

1	2	3	4	5	6	7	8	9	10

Please Answer The Following Questions

1) What are the top 3 goals you are striving to achieve right now?

- a.
- b.
- c.

2) What major stressors or challenges are you struggling with right now?

3) Have you ever been incredibly excited, committed and fired up to accomplish a specific life goal, only to have it lose steam and not get accomplished?

Yes No

If yes, why do you think that happened?

4) Have you ever had a Coach before?

Yes No

5) Do you believe that with the right strategies, training, and tools most people can BECOME high performers in life?

Yes No

6) Do you believe your personal potential would be achieved significantly faster with a Certified High Performance Coach?

Yes No

If yes, why?

7) Are you okay with being held accountable to a higher standard of achievement by someone who has mastered the principals of High Performance?

Yes No

8) Do you feel that you are living a vibrant, joyful and fully charged life?

Yes, all of the time, Almost everyday, Sometimes Less than I would like, almost never

9) Is there a reoccurring negative limiting thought that you know of, that is holding you back from achieving your life's work?

Yes No

If yes, what is that thought?

10) What areas of your life do you feel need your greatest focus right now?

Energy, Career, Relationships, Health, Productivity Limiting Beliefs, Confidence
Clarity, Overcoming Fear

11) If you looked back on your life 3 months from now, what would need to happen for it to be your most amazing 3 months ever?

12) Why do you feel now is the time in your life to get support and work with a Certified High Performance Coach?