

SURFACE TO SOUL

Live Well | Lead Well | Coach Well

Questions Frequently Used by Life Coaches

YOUR HISTORY

- Describe your three greatest accomplishments to date.
- What made these accomplishments stand out for you?
- What have you incorporated into your current actions from your past accomplishments?
- How could you use what you've learned from these accomplishments to assist you in making future changes?
- What major transitions have you had in the past two years? What helped you navigate them?
- If you have worked with a coach, and you are not currently, how did that relationship end?

YOUR LIFE

- Who are or have been your major role models?
- What attributes of these role models do you admire and want to emulate?
- What are the five most positive things in your life?
- What are five things you would like to change in your life that would make it even more satisfying?
- Who are the key supportive people in your life, and what do they provide for you?
- On a scale of 1 to 10 (1 being least effective and 10 being most effective), rate the quality of your life.
- By what criteria did you rate yourself? What percentage of the life you are leading is actually YOUR life?

YOUR SELF TODAY

- List five adjectives that describe you at your best.
- What prevents you from being at your best?
- What energizes you?
- What saps your energy?
- What are you learning and accepting about yourself at present?
- What would you change about your schedule that would lead to greater happiness and achievement?
- What do you consume now, that if you didn't, would allow you to be more healthy?
- Could therapy effectively resolve some issue in your life now?

YOUR POTENTIAL

- What is your personal and/or professional vision?
- What would you like to contribute to the world?
- What are you most wanting to achieve in the next three years?
- What are you most wanting to achieve in the next six months? How ready are you to go for it?



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