

# PIT STOP FOR WELLNESS

## •COACHING QUESTIONNAIRE•

*\*Please type responses to all questions save and e-mail back to your coach.  
All Information is kept confidential.*

<b>Name:</b>
<b>GOALS</b>
What are the 3 goals you want to achieve over the next three months?
What are the three biggest changes you want to make in your life over the next 3 years?
<b>PERSONAL HISTORY</b>
What would you say have been your three great accomplishments in your life to date?
What is the hardest thing you have ever had to overcome?
Who are or have been your major role models?
What major transitions have you had in the past 2 years? (i.e. – entering or approaching a new decade of life, a new relationship, a new role, a new residence, changes in children’s ages/stages of life, separation, divorce, death of a loved one, birth of a child, marriage, etc.)
<b>YOUR LIFE</b>
Who are the key people in your life and what do they provide for you?

Is your life one of your choosing? If not, which parts are being chosen for you?

On a scale of 1-10, 10 = HIGH, provide a number that represents your current level/degree of stress:

What are your primary stressors?

List five (5) things that you are tolerating or putting up with in your life at present. (i.e. – information you cannot find, rude people, poor lighting, tight shoes, dented car, job dissatisfaction, dead plants, broken equipment, old appliances, etc.

**COACHING YOU**

What would you expect or like your Coach to do if you get behind on your goals?

How will you know when you are receiving value (i.e. – your money’s worth) from the Coaching process?

What types of approaches discourage you or take away your motivation?

How can your Coach best support you in the Coaching relationship? Using each number once, place the following in order of importance. Rank using 1-10 (1=Most Important; 10=Least Important)

Brainstorming Strategies Together	Insight into Who You and Your Potential
Support, Encouragement, Validation	Exploring and Removing Blocks and Obstacles to Your Success
Accountability; Checking up on Goals	Working through Self-Improvement Program Together
Suggesting or Designing Action Steps	Painting a Vision of What You Can Become or Accomplish
Strategic Planning	Directness: Asking Hard Questions: Challenging Your to Move Forward

**POTENTIAL & POSSIBILITY**

Do you have a personal or professional vision?

If so, what is it?
What would you like to contribute to the world?
What is a dream or goal you have given up on?
What part of yourself, if any, have you given up on?
On a scale of 1 to 10 (10 = HIGH), rate the quality of your life today.