

Get A Life!

Primary Focus

Identify five areas that you want held as your MAIN focus during this coaching relationship. For each focus area provide a simple heading, and underneath, a description of that measurable result.

Sample: Be more productive

(I have a system to follow up calls and letters, I'm on time, I get all tasks accomplished, eliminate a sense of overwhelm, and have a realistic goal for new clients and increased income.)

1.

2.

3.

4.

5.

Client Interview

As a coach, it's important for me to understand how you view the world in general and yourself in particular. Each person "comes from" a unique place in their thinking and in the way they interact with those around them.

Answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These are "pondering" type questions, designed to stimulate your thinking in a particular way which will make our work together even more productive. I suggest that you take several days to compose your responses to these questions. Use extra paper if you need more room for your answers. Thanks!

1. What accomplishments or measurable events must, in your opinion, occur during your lifetime so that you will consider your life to have been satisfying and well-lived; a life of few or no regrets?
2. What is your definition of Success?
4. What is your definition of Failure?
5. What's missing in your life, the presence of which would have your life be more fulfilling?