



## Wellness Vision Questionnaire

*Please take the time necessary to answer these questions as accurately as possible. You can choose to submit before our first session, or use it as a personal reflective guide before we meet. The information you provide will help form the foundation of our work together. These questions are meant to be thought provoking, so I encourage you to reflect on each and not rush through. If a question does not resonate with you or make sense, just skip that question for now, and we can address it together later. We will explore your answers further during our next session which I call the Wellness Vision session.*

### COACHING QUESTIONS

**In what areas of life do you wish to experience change?**

**If you were to come up with 10 different goal areas in your life right now, what would you include? Out of those, are there some that would go together or fall under the same category?**

**What current challenges are you facing?**

**If you had a secret wish/desire, what would it be?**

**How do you deal with disappointment and/or failure?**

**In our coaching process over the next 12 weeks, what is most important for you to start with?**

**What do you value most in life?**

**What motivates you?**

**What drives you in your decision making?**

**What are you tolerating in your life?**

**What are your top 3-5 strengths?**

**We all get in the way of our own success. Which are your typical methods?**

- Procrastination
- Indecision
- Self-Doubt
- Arrogance/ Being right
- Acting as a "Lone Ranger"
- Tolerating
- Not saying "No"
- Not saying "Yes"
- Following secondary goals
- Other

*If "Other", please specify*

**What are the coach's three most important roles for you?**

- Focus
- Challenge
- Accountability
- Inspiration
- Support
- Direction
- Sounding Board
- Ideas/innovation/strategy
- Validation
- Other

*If "Other", please specify*

**What are the best ways for me to challenge you?**

**What do you want to ensure you get from this coaching relationship?**

**If coaching had to have a huge impact on your life, the outcomes would be:**

**What else would you want me to know about you, as your coach?**

**By answering these questions, what 3 new things have you become aware of?**