

PRE WORK

- 1. Why are you interested in coaching?***
- 2. What do you hope to accomplish with coaching?***
- 3. Do you feel you will achieve your desired result?***
- 4. Are you willing to try all the exercises and homework? (Especially the ones you have resistance to?)***
- 5. What is your biggest fear in life?***
- 6. Write down five major positive events in your life and five major negative events.***
- 7. What is the thing you most want to change in your life?***
- 8. What are you willing to sacrifice to change your life?***
- 9. What aren't you willing to sacrifice to change your life?***
- 10. Would anyone in your life be upset if you changed?***

11. On a scale of 1 to 10, how important is it for you to make changes in your life?

12. What will happen if you don't change? What will it cost you?

13. What is the most upsetting issue pressing on you now?

14. What do you fear about this situation?

15. How do you currently manage stress?

16. How much joy do you currently create in your life?

17. What gives your life meaning?

18. Do you believe you are living the life you are meant to live?

19. What do you want other people to know about you?