

# COACHING *questionnaire*

Use this questionnaire to determine if coaching is right for you.

| Question                                                    | YES                      | NO                       |
|-------------------------------------------------------------|--------------------------|--------------------------|
| Are you looking to make a positive change in your life?     | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have a goal you want to achieve?                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you prepared to shift your perspective?                 | <input type="checkbox"/> | <input type="checkbox"/> |
| Would you like someone to help you create change?           | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you looking for new ways to achieve your goals?         | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you prepared to see things differently?                 | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you experienced a big change in your life recently?    | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have coping systems for challenging situations?      | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you feel motivated every day?                            | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you feel unsure about the direction your life is taking? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you need help with setting meaningful goals?             | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you prepared to do hard work and be committed?          | <input type="checkbox"/> | <input type="checkbox"/> |

Do you have any other information you would like to share?