



Discovery Questions

To be completed before the 1st Session

1. What do you want to get out of coaching?
2. What do you want to happen in your lifetime so that you consider your life satisfying and well lived?
3. If there were a secret ambition in your life, what would it be?
4. Describe your “dream career” (what, when, where, with whom?).
5. Describe your support system. Do you have people in your life who believe in you, encourage you, challenge you and see you through the hard times?

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6. What are five of your “gifts” or talents?
7. What do you have to contribute to the world that is unique?
8. What has been your most thrilling success or proudest achievement?
9. What activities have meaning and heart for you?
10. What and/or who inspires you in a positive way?
11. How do you best get motivated to take action?
12. Who are the most influential people in your life?
(Could be positive or negative influences.)



13. What are five things you have been procrastinating on?

14. What is the greatest personal change you'd like to see in the coming year?