

Reflection Questions

Please answer these questions as clearly and thoughtfully as possible, expressing the fullness of who you are. These are pondering questions designed to stimulate your self-discovery and to make our work together more productive. Enjoy this time for yourself and for creating the life you want to live!

1. WHY ARE YOU HIRING A COACH? (Please asterisk the primary reason.)

2. WHAT DO YOU EXPECT FROM ME IN MY ROLE AS COACH?

3. WHAT CAN I EXPECT FROM YOU IN THIS COACHING RELATIONSHIP?

4. WHAT IS YOUR LIFE'S PURPOSE OR MISSION?
HOW DO YOU STAY FAITHFUL TO THAT?

5. WHAT ARE YOU PASSIONATE ABOUT?
GETS YOUR BLOOD PUMPING? GIVES YOU JOY?

Reflection Questions (cont'd)

6. IF LIFE WERE "AS GOOD AS IT GETS" - WHAT'S THERE?
IF YOUR JOB WERE "AS GOOD AS IT GETS" - WHAT'S THERE?

7. IN ORDER FOR ME TO EFFECTIVELY COACH YOU, WHAT SHOULD I KNOW ABOUT YOU? ABOUT HOW YOU THINK OR OPERATE? ABOUT HOW YOU REACH DECISIONS? ABOUT WHAT MOTIVATES YOU?

8. WHAT IS YOUR MYERS-BRIGGS PERSONALITY TYPE, IF YOU KNOW IT? IF YOU DON'T KNOW IT, WOULD YOU LIKE ME TO DO THIS INVENTORY WITH YOU AT A LATER POINT IN TIME?

9. WHAT IS MISSING FROM YOUR LIFE THAT YOU COULD ADD THAT WOULD MAKE IT COMPLETE?

10. WHAT IS PRESENT IN YOUR LIFE FOR WHICH YOU ARE GRATEFUL?

Reflection Questions (cont'd)

11. WHAT ARE YOUR VALUES? ASTERISK THE ONE (S) YOU WANT TO LIVE OUT MORE FULLY?

12. WHAT ADJECTIVES DESCRIBE WHO YOU ARE NOW, AT YOUR CORE? WHAT ADJECTIVES DESCRIBE WHO YOU WANT TO BE IN THE FUTURE?

13. LASTLY, WHAT QUESTIONS/CONCERNS DO YOU HAVE ABOUT THE COACHING PROCESS?
