



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## INTRODUCTORY LIFE COACHING SESSION

It's important to reflect on these questions before we meet.

**The purpose** of this questionnaire is to clarify whether you're truly ready for life coaching , and to help us both see if I'm the right coach for you at this time. There are no right or wrong answers - just answer honestly. Your responses can be as long or short as you like.

Complete the questions on a printed copy of this file, answer on your own paper, or send your responses via email to [hello@kimberlyvirdure.com](mailto:hello@kimberlyvirdure.com) . If you complete this on paper, you can snap pictures and **text** them to me at 678-575-9805.

### 1. If you could magically change one thing in your life, what would it be and why?

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### 2. Have you worked with a life coach before?

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**3. If we were to work together what goals would you like to achieve?**

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**4. How do you believe your life will change once you commit to achieving your goals?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**5. How can I best serve you during your life coaching sessions?**

<b>Coaching Benefit</b>	<b>Importance</b> 1 = not so important and 10 = extremely important
Help me gain clarity of issues	
Understanding what motivates me	
Prioritize what's most important to me	
Exploring and facing what's holding me back	
Gaining insight into my strengths, capabilities and potentials	
Providing encouragement and support	

<b>Coaching Benefit</b>	<b>Importance</b> 1 = not so important and 10 = extremely important
Help defining clear and attainable goals	
Identifying measurable and attainable action steps	
Honest and direct feedback	
Hold my Vision by holding me accountable for achieving my goals	
Guidance in creating the physical, mental, and emotional foundations to accommodate changes I'm ready to make	
Something not listed:	

**Additional Notes and Questions for Kimberly:**