

## Individual Client Interview

As a coach, it's important for me to understand how you view the world in general and yourself in particular. Each person has a unique way of thinking and a unique way of interacting with those around him or her.

Answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These are “pondering” questions designed to stimulate your thinking in a particular way that will make our work together even more productive. I suggest that you take several days to compose your responses to these questions. Thank you.

1. What accomplishments do you think must occur during your lifetime so that you will consider your life to have been satisfying and well lived—a life of few or no regrets?

2. If there were a secret passion in your life, what would it be?

3. What do you consider your role to be in your local community? In your country? In the world?

4. If you could devote your life to serving others—and still have the money and lifestyle you need—would you do it? How would it look?

5. What are your strengths?

6. What is your worst weakness, or what are you most afraid is true about you?

7. If you trusted me enough as your coach to tell me how to manage you most effectively, what tips would you give?

8. If you had a five-year goal and the continuing services of a coach to help you make it happen (and money were not an issue), what would that goal be? What difference would working with a coach make?

9. What's missing in your life? What would make your life more fulfilling?

10. Do you believe in God or in the concept of a higher power? If so, describe the most useful and empowering aspects of your relationship with God. If not, what reference point do you use?

11. Who do you admire and why?

12. Do you think of yourself as powerful? How do you express/manifest your power?

13. Who do you give your power away to?

14. What generally keeps you from getting what you want?

15. When are you able to laugh at yourself?

16. What are 2-3 things that if you were to have this in your life, it would dramatically improve your life?

17. What excites you about getting coached?

18. What scares you about getting coached?

19. What do you think it means to be a strong coaching client?

20. What else would you like me, as your coach, to know about you?