**All About You**

**Name:**

1. **What do you hope to gain by working with a coach?**
2. **I know there may be a few but what is the one main area of your life that you feel you need to attract positive results in? (Career, Relationships, Self Esteem, Health/Body, Finances etc…)**
3. **What is the end result that you are looking for in that area? (Be as specific as possible here)**
4. **What are you doing or have done in that area to achieve that end result?**
5. **What is not getting positive results in this area costing you? (i.e.; Peace of mind, Giving up on dreams, feeling alive, deep relationships, sense of joy etc…)**
6. **What will happen if you do not change this and start attracting positive results in this area?**
7. **How will achieving positive results in this area make a difference in your life?**
8. **How would you describe yourself?**
9. **Where would you like to see yourself in a six months’ time?**

 **5) What do you feel most passionate about or inspired by?**

 **6) What challenges or barriers do you feel are currently present in your life?**

 **7) What have been three of your greatest achievements thus far?**

 **8) List five things that you feel you are tolerating or putting up with?**