YOUR HISTORY
- Describe your three greatest accomplishments to date.
- What made these accomplishments stand out for you?
- What have you incorporated into your current actions from your past accomplishments?
- How could you use what you've learned from these accomplishments to assist you in making future changes?
- What major transitions have you had in the past two years? (For example, new assignment, new residence, new relationship, etc.)
- If you worked with a coach before or a similar one-on-one adult relationship (for example, tennis coach, piano teacher, therapist) what worked well for you?
- If you have worked with a coach, and you are not currently, how did that relationship end?

YOUR LIFE
- Who are or have been your major role models?
- What attributes of these role models do you admire and want to emulate?
- What are the five most positive things in your life?
- What are five things you would like to change in your life that would make it even more satisfying, effective, and joyful? (Examples include relationships, information, environment, job.)
- Who are the key supportive people in your life, and what do they provide for you? On a scale of 1 to 10 (1 being least effective and 10 being most effective), rate the quality of your life.
- By what criteria did you rate yourself? What percentage of the life you are leading is actually YOUR life?

YOUR SELF TODAY
- List five adjectives that describe you at your best.
- What prevents you from being at your best?
- What energizes you?
- What saps your energy?
- What are you learning and accepting about yourself at present?
- In what ways do you currently spend time, that if you were to spend it differently, would yield greater happiness and achievement?
- What do you consume now, that if you didn't, would allow you to be healthier? (for example, alcohol, caffeine, sugar.) Could therapy effectively resolve some issue in your life now?

YOUR POTENTIAL
- What is your personal and/or professional vision?
- What would you like to contribute to the world?
- What are you most wanting to achieve in the next three years?
- What are you most wanting to achieve in the next six months? How ready are you to go for it?