

# COACHING *questionnaire*

Use this questionnaire to determine if coaching is right for you.

Question	YES	NO
Are you looking to make a positive change in your life?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a goal you want to achieve?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prepared to shift your perspective?	<input type="checkbox"/>	<input type="checkbox"/>
Would you like someone to help you create change?	<input type="checkbox"/>	<input type="checkbox"/>
Are you looking for new ways to achieve your goals?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prepared to see things differently?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced a big change in your life recently?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have coping systems for challenging situations?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel motivated every day?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel unsure about the direction your life is taking?	<input type="checkbox"/>	<input type="checkbox"/>
Do you need help with setting meaningful goals?	<input type="checkbox"/>	<input type="checkbox"/>
Are you prepared to do hard work and be committed?	<input type="checkbox"/>	<input type="checkbox"/>

Do you have any other information you would like to share?



**SHARE THE STORY  
TO CHANGE YOUR STORY**