



GETTING STARTED QUESTIONNAIRE

Name: _____ Date: _____

- **Please write a brief personal biography** to give me a sense of who you are, your background, and anything you consider important for me to know about you. Use as much space as you want.
 - **Please write a personal vision statement or story** as a way for me to get to know what you want. Use as much space as you want.
 - **Please answer these questions** as a way for me to get to know you and to help us design a strong coaching partnership. Use as much or as little space as you want.
1. **What motivates you?** Think of how have you been motivated in the past to reach difficult goals, make difficult decisions, or do difficult things. How can we best utilize that motivator now?
 2. **What gives you energy and lights you up?** Include the kinds of things, past and present, that you love to do, that you enjoy and that perk you up even when you are feeling down or tired. List as many things as you can think of, now and in the past.
 3. **What do you have going for you?** Tell me about your strengths, talents and personal traits that are assets for you. This is your brilliance! Don't be shy here – we will want to build on your foundation.
 4. **What stops or blocks you?** Has stopped you in the past? What recurring patterns do you rely upon? Lightning Rod Attraction: What kinds of problems or crises do you keep attracting?
 5. **How might you sabotage your own efforts to move forward?** Where are you most irresponsible? What are you addicted to? (alcohol, sugar, adrenaline, attention, 'firefighting', people, etc.)
 6. **Is there a false assumption** (a belief you've been holding to be true, but maybe isn't) that is time to re-look at? Is there a basic "lie" to admit to yourself?
 7. **The Power of Three:**
 - What are the three main things you want to coach on this quarter?
 - What do you want most right now?
 - Where would you like us to start?
 8. **What are you facing**, right now, which needs immediate focus or resolution?

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