



Coaching Application

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Clients Name: _____ Phone Number: _____

Email: _____

Discovery Application

What would you most like to achieve from coaching?

What is the biggest challenge you are currently facing?

What are your dreams and ambitions?

If time and money were not a factor, what would you like to do, be, or have?

What goals would you like to achieve?

What would you like to accomplish in the next year?

What are you most proud of in your life up to this point?

What are the 3 most important things you learned about yourself this year?

What would you say is missing from your life?

What would you say would make your life more complete?

What is one area you would like to grow more confident in?

In what area would you like to see a breakthrough?

What part of your life do you like least?

Who is a person you admire? Why?

How would you describe yourself?

If you could put one fear behind you once and for all, what would it be?

What do you really like about yourself?

How easy or difficult is it for you to accept and receive God's forgiveness?
Why or why not?

Are there people in your life you haven't forgiven? If yes why is it difficult for you?

Evaluate yourself on a scale of 1 to 10, (10 being the highest), as to where you are in life in the following areas.

Identity ____

Relationships ____

Spiritual Health ____

Physical Health ____

Emotional Health ____

Job/Career ____

Finances ____

Personal Growth ____

Self Worth ____

Recreation ____

Self Care ____

Setting Goals ____

Calling and Purpose ____

Which of the above areas would you like to work on?

What would a 10 look like in that area?

Is there anything else you would like to share before we begin?