

NEW CLIENT QUESTIONNAIRE

Provide responses to each statement: 1 (strongly agree) to 5 (strongly disagree)

- _____ I feel that I am capable of having the life I really want.
- _____ I am open to experimenting with new ways of doing things in my life.
- _____ I am willing to be disciplined and follow through with my commitments.
- _____ I am a positive person.
- _____ I hold myself fully accountable for the results I create in my life.
- _____ I have a clear vision for my life and what I am committed to accomplishing.
- _____ I do well when working with others.
- _____ I live with a high level of integrity.
- _____ I am supported by the people in my life and they are committed to my success.
- _____ I am committed to my own personal growth and am willing to invest the necessary time and energy.
- _____ When I have a setback in life, I am able to bounce back quickly.
- _____ I am able to receive support and contribution from others.

What influenced your decision to start working with a life coach?

Have you ever work with a Life Coach before? If so, please describe your experience.