

Questionnaire



What is one thing you would like to achieve in the next six months that would make the biggest difference in your life? If you could develop additional skills in one key area that would improve your life, what would they be? What are the top three things you are tolerating or putting up with in your life and work?

Toleration 1:

Toleration 2:

Toleration 3:

How would your life be different if you no longer had the above tolerations?

To increase your success in and enjoyment of life, what are the three key areas for you to focus on for your own personal and professional development?

Area 1:

Area 2:

Area 3:

Write down one thing in your life or career that you would like to have but don't have a clue how to go about getting it.

Questionnaire



Assuming all human beings have some way of sabotaging their success, or holding themselves back, what would be your favorite method? (Circle your favorite; write in any that are missing).

Not setting clear goals

Procrastinating

Being Indecisive

Arrogant/having to be right

Not always telling absolute truth

Acting as the "Lone Ranger"

Tolerating

Not saying "No"

Controlling life/people

Not listening to others

Not managing health / energy

Following secondary* goals (*i.e. goals that divert from success)

Questionnaire



Other:

Circle "Yes" or "No"

I am ready to do whatever it takes to reach my?	Yes	No
I am willing to listen to the viewpoint of someone else?	Yes	No
I am willing to invest in myself?	Yes	No
I am willing to get out of my comfort zone and try new things?	Yes	No
I am willing to make the commitment necessary to make the changes I am seeking?	Yes	No
I am willing to commit to the process, knowing that change doesn't happen over night?	Yes	No
I am willing to ask for support and accept the support I receive?	Yes	No
I am willing to stop tolerating?	Yes	No
I am ready to invest in myself?	Yes	No
I am ready to put myself first in my life and work?	Yes	No

Give yourself one point for every "yes" you circled and 0 point for every "no" you circled. Tally up the number of yes's and then the number of no's.

If you scored:

8-10 points:

You are ready to make the investment and hire a coach. Your commitment level is high and you will achieve much from working with a coach.

5-7 points:

You are almost there. During your trial session, work with a coach on areas that are getting in your way. Ask the coach to support you in removing those blocks so you can move forward and begin to create the change you want in your life.

0-4 points:

Most likely you are not ready to hire a coach. During your trial session ask the coach for suggestions on what you could do to prepare yourself to begin the process of change.

Thank you for your participation.