

# Coach Questionnaire

Name: \_\_\_\_\_ Age: \_\_\_\_ Email: \_\_\_\_\_

**Instructions:** Please answer the following questions to help us understand your goals and aspirations for this coaching journey.

1. What is most important to you regarding this value/life domain?

2. What do you hope to achieve through this personal coaching sequence/session?

3. What specific outcomes would you like to see happen?

4. What are the precise goals you want to achieve?

5. Describe your ideal result from this coaching experience...

6. Tell me more about the perfect outcome you envision...

7. What motivates you to achieve this goal?

8. What deeper meaning or personal significance does this goal hold for you?

9. What positive changes do you anticipate if you achieve your desired outcome?

10. How will you recognize when you have successfully reached your desired outcome?

*Note: Your responses will be treated with utmost confidentiality and will be used solely to tailor the coaching journey to your unique aspirations and needs.*