

# Coaching Questionnaire

[ No Right Answer - No Wrong Answer - *Simply Respond* ]

**1**

What do you do for self-care?

1

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2

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3

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How do you know your “self-care” is working ?

I know it's working because \_\_\_\_\_

**2**

Do you love yourself ? \_\_\_\_\_

How do you know ?

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### 3

What self-Trait are you most proud of ?

iAM most proud of my \_\_\_\_\_

### 4

How "**WHOLE or ALIGNED**" are you? on a scale of

1 ———— 5 ———— 10

### 5

What are the Best ways to **Comfort** you ?

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### 6

What are the Best way to **Correct** you ?

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**7**

What are the Best way to **Challenge** you?

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**8**

What is One thing you often Question about yourself ?

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**9**

What are your Top 3 Life **ESSENTIALS** ?

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## 10

If I were Not **Afraid** , i would ....

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## 11

Do you believe you have any "**trapped**" emotions ?

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## 12

Do you feel **Worthy** of the Life you desire ?

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## 13

Because iAM not afraid, iAm going to...

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## 14

What do you want out of your Life ? (one sentence)

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## 15

What are 3 things you spend time on - that don't matter ?

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## 16

What Rules / Laws are Most Valuable / Important in life ?

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## 17

What 3 questions do you **no longer need** an answer to ?

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## 18

Whenever iGo \_\_\_\_\_ iFeel at Peace ?

## 19

What do you **teach** but struggle **practicing** yourself ?

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## 20

If iWasn't me... i would be ?

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# 21

create an **iAm** list  
with an equivalent **iAm Not** in the adjacent column

iAM \_\_\_\_\_ therefore iAM not \_\_\_\_\_

iAM \_\_\_\_\_ therefore iAM not \_\_\_\_\_

iAM \_\_\_\_\_ therefore iAM not \_\_\_\_\_

iAM \_\_\_\_\_ therefore iAM not \_\_\_\_\_

iAM \_\_\_\_\_ therefore iAM not \_\_\_\_\_