

Coaching Questionnaire

Thank you for taking the time to answer these questions, which, like all of our work together, will be held in confidence. When you have finished you can email me the questionnaire at brittany@simplelivingandtravel.com and I will be in touch with you soon. I look forward to connecting with you! – Brittany

Name

Age

Gender

Email

Skype Name or Phone Number

Country & Time Zone

1. What interests you about coaching with me/what are your intentions or the goals you would like to work towards?
2. What excites you in life? What makes you come alive? What do you find yourself doing that causes you to lose track of time because you are having so much fun?
3. What in your current life is serving you?
4. What in your current life do you feel like you could let go of?
5. Where in your life are you finding areas of resistance? Another way of asking this is: what are the limiting beliefs that are keeping you from living your dreams?
6. Is there anything else you would like to share with me?
7. When is the most ideal time for you to schedule a session?