

Coaching Fast Start

Here are some intriguing questions to ponder in preparation for our first session together. I would also like you to choose three goals that we can work on together over the next 90 days. Remember, this is only the beginning on the path of discovery that will enable you to make the most of who you are. Please type up your responses and fax or e-mail to me before we start.

1. **WHAT HAVE YOU BEEN PROCRASTINATING ABOUT LATELY? CAN YOU LIST 10 THINGS?**
2. **WHAT IS THE MOST IMPORTANT THING YOU LEARNED THIS PAST YEAR?**
3. **WHAT DO YOU CONSIDER TO BE YOUR BEST STRENGTHS? (OR, IF YOU LIKE, WHAT ARE THE GIFTS YOU HAVE THAT YOU HAVE ORIENTED YOUR LIFE AROUND?)**
4. **IF YOU WERE NOT DOING WHAT YOU DO NOW — WHAT WOULD YOU LIKE THAT TO BE?**
5. **WHAT CHARACTERISTIC OR TRAIT DO YOU FIND MOST APPEALING IN OTHERS?**
6. **WHAT IS IT YOU THINK YOU HAD AS A CHILD THAT YOU DO NOT HAVE NOW?**
7. **IF YOU WERE GUARANTEED SUCCESS, WHAT WOULD YOU DO?**
8. **WHAT TALENTS DO YOU HAVE THAT FEW, IF ANY, SEE?**

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