**PART ONE: PERSONAL INFORMATION**

|  |  |
| --- | --- |
| **Name:**  |  |
| **Email:** |  |
| **Phone:** |  |
| **Skype:** |  |
| **Address:** |  |

**PART TWO: YOUR GOALS**

To get the coaching process started please take time to identify up to three life goals you would like to achieve from our time working together. It’s helpful if these goals are suitably challenging (enough to keep you interested and engaged), positively stated and achievable (realistic). To assist, try answering these questions:

**"What would you like to change about you, or your life during this engagement?”**

**or**

**“What is it you would like to achieve in life or from our time together?”**

This gives us a great start point for the coaching and we’ll discuss these together when we begin the formal coaching. There are also a few other questions to help give a little more color and context to the goals. Please take a little time to consider these as well.

On the next page are two examples:

**GOAL =**

This is important to me because:

When I achieve this I will feel:

When I achieve this, I will be (here put how you will be acting & living differently):

What gets in the way of me achieving this goal?

**GOAL = I want to change careers to something more meaningful and better paid.**

This is important to me because:

When I achieve this, I will feel:

When I achieve this, I will be (here put how you will be acting & living differently):

Habits getting in the way of achieving this outcome:

**Please fill in the blank spaces below. You may simply type directly into the box. Once you’ve completed this, please send it back to me prior to our session.**

**GOAL ONE =**

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| --- |
|  |

|  |  |
| --- | --- |
| This is important because: |  |
| When I achieve this I will feel: |  |
| When I achieve this I will be doing: |  |
| What gets in the way is: |  |

**GOAL TWO =**

|  |
| --- |
|  |

|  |  |
| --- | --- |
| This is important because: |  |
| When I achieve this I will feel: |  |
| When I achieve this I will be doing: |  |
| What gets in the way is: |  |

**GOAL/OUTCOME THREE =**

|  |
| --- |
|  |

|  |  |
| --- | --- |
| This is important because: |  |
| When I achieve this I will feel: |  |
| When I achieve this I will be doing: |  |
| What gets in the way is: |  |