

Ask Alice Life Coach

FREE COACHING STRATEGY SESSION

Questionnaire

1. What do you do for a living and why did you choose that career?
2. What are the top 3 goals you are striving to achieve in your life and career right now?
3. What major stressors and challenges are you struggling with right now?
4. When you feel like your most successful and happy self, what makes you feel that way?
5. What would your dream life look like if you could wave a wand and make it happen?
6. What has prevented you from having that dream life?
7. What goal or dream have you ever given up on or failed at?
8. What 3 big changes would you like to make in your life this year and next year?
9. What are you most proud of and excited about in your life right now?
10. How would you describe your ideal Coach?