

## ***Coaching Questions***

Names of important people in your life (spouse, partner, children, friends, etc.)

What are your goals in your life?

What are your significant commitments?

What would your perfect life look like?

What are your dreams?

What dreams have you given up on?

Where do you want to focus first?

What parts of your life are working best now?

What parts of life are working least well?

What are your values?

What are your energy drainers?

What stops you from having the life you want to have?

What are you willing to do to have the life you want to have?

If you were to have the life you desire, what 3 things do you need to do?

What can you do daily to move toward this goal?

When will you know that you have your goal accomplished?