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| 1. Energy and Passion  1. Where do you get your energy – what motivates and turns you on? 2. What are you passionate about? |

# First session discovery questions

Powerful Intake Questions to help me get to know you and to get your coaching off to a flying start.

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| 1. Energy and Passion  1. Where do you get your energy – what motivates and turns you on? |
| 2. Emotion What moves you to tears of joy/sorrow? |
| 3. Pleasure  1. How do you like to enjoy yourself? 2. What do you enjoy doing? |
| 4. stress release What do you find works for you to make you feel better when you are experiencing stress? |
| 5. responsibility Where are you likely to be most irresponsible? |
| 6. control What emotion (anger, fear, anxiety, etc.) may make you feel most out of control? |
| 7. sabotage How might you sabotage your coaching progress and our professional relationship? |
| 8. results How will you know how effective our coaching has been? |
| 9. Feedback Are you willing to tell me if you feel our coaching needs to go in a different direction or give me any other honest feedback? |
| 10. coaching preference How can I best coach you? For instance, do you like lots of structure or things done informally or a mix of both? |
| 11. goals Do you understand that I will support YOU, not just your goals? |
| 12. values What are your values the things in life that are important to you? If you are not sure, we will find out as part of the coaching process. |

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| 13. business/Career opportunites What business/career opportunities are you currently not making the most/anything of? |
| 14. personal aspirations What are three personal desires you are currently not pursuing? |
| 15. poor relationships Is there anyone in your life who is constantly putting you down, making you feel inadequate, or whom you feel you have to tread carefully around? |
| 16. Challenges What is the biggest challenge you have in your life right now? |
| 17. priority What is your most urgent problem? |
| 18. Regrets (Optional question) What are the biggest regrets you have in your life:  **Personal;**  **Career/Business?** |