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CLIENT QUESTIONNAIRE

- Please read the overview of coaching – what it is, and what it's not – at simplybloom.org/coaching before filling this out
- This questionnaire is optional, and is really just for you – to create awareness and inspire vision-casting for your life
- Please be prepared to place the call during your appointed coaching session (number will be emailed to you upon finalization of your appointment)

Name	Email	Phone Number
Address		
GOALS		
<i>What are the 3 goals you want to achieve over the next three months?</i>		
<i>What are you most hoping to gain through the coaching process?</i>		
<i>What are the 3 biggest changes you want to make in your life over the next year?</i>		
PERSONAL HISTORY		
<i>What would you say have been your greatest accomplishments in your life to date?</i>		
<i>What is the hardest thing you have ever had to overcome?</i>		
<i>What major transitions have you had in the past two years? (i.e. – entering or approaching a new</i>		

decade of life, a new relationship, a new job, a new role, a new residence, changes in children's ages/stages of life, separation, divorce, death of a loved one, birth of a child, marriage, etc.)

POTENTIAL & POSSIBILITY

Do you have a personal or professional vision?

What are the biggest obstacles you're facing in this area?

What are your (known) strengths, skills & gifts?

What are your (known) weaknesses?

What makes you come alive? If money or time were not an issue...what would you do?

What do you feel called to contribute to the world?

What is a dream or goal you have given up on?

On a scale of 1 to 10 (10 being HIGH), rate the quality of your life today:

What 2 steps could you take immediately that would make the greatest difference in your current situation(s)?