Questions To Get You Started

You can answer these in words, using symbols or pictures, to gain clarity about where you are right now. You can use creative resources to cut out pictures and words that represent answers for you. You can have one picture per question, or create a collage of pictures as you wish.

Name: **Date:**

LIFE

1) When you think back over your day yesterday or one day last week, what do you notice?

2) In 5 years' time what will be different? get you started

3) What feels most important to you right now?

4) What five words describe how you feel about your life right now?

5) What aspects of your life motivate you or give you energy?

Questions To Get You Started

6) Tell me three to five aspects of your life that you are most proud of:

7) What has been your biggest disappointment about your life?

8) What are your key aims for your life in the next year?

9) What holds you back?

10) What compliments or acknowledgements do you hear most often about yourself?

11) What learning would support you in the next year?

Questions To Get You Started

PERSONAL

1) What do you contribute that is unique?

2) What special knowledge do you have?

3) What do you believe in?

4) What behaviours or beliefs do you hold that help you to achieve success?

5) What behaviours do you have that stand in the way of achieving success?

6) What do you do when you are really up against a barrier or obstacle?

7) What activities have meaning and spirit for you?

Questions To Get You Started

PARENTING

1) Tell me a bit about your parenting journey so far:

2) Tell me a bit about your child/children:

3) What aspects of your parenting have felt positive?

4) What aspects of your parenting have challenged you?

5) What words would you like to use to describe the next phase of your parenting journey?

6) What else feels important to mention at this time?

Questions To Get You Started

Take a moment to read through what you have written so far and take a moment to reflect:

What two steps could you take immediately that would make the greatest difference in your current situation?

1)

2)

Can you identify the main area(s) you would like these coaching sessions to focus on going forward and why?

Any questions you would like to ask during our initial session?

Thank you for filling this in and I look forward to discussing it in our initial session.

Warmest wishes