



Client Interview

While on this journey of self-discovery together, it is important for me to understand how you view the world and yourself within it. You have your own unique way of thinking and being, also, in the way you interact with those around you. Much of the work and play we will do together will center on your inner imaginings and dialogue.

The following are reflective questions, so please take your time with them as clearly and thoughtfully as possible, expressing the best and fullest essence of who you are. Know that we will deepen and expand upon your discoveries during our sessions. I am honored that you are inviting me to work and play with you here!

1. What struggles are you experiencing that prompted you to decide to seek help? In what areas are you feeling most challenged? Please describe with as much detail as possible.

2. Over the years, you have created from (and been shaped by) your life experiences, your accomplishments, your disappointments and your longings. Who are you today? How would you describe yourself at this point in your life?

3. What accomplishments or events must, in your opinion, occur during your lifetime, so that you will consider your life to have been truly satisfying and well-lived - a life of few or no regrets?

4. If there was a secret passion in your life, something which is so delicious and almost too exciting to actually do or do more of, what would it be?

5. What do you consider your role to be in your local community? In your larger community? In the world? When we talk about "your community," who is that?
6. If you could devote your life to contributing to, or serving others, and still have the money and lifestyle you needed, would you do it? How would that look?
7. To build trust between us, to be able to partner on this journey most effectively, what tips would you give about how you are best motivated, inspired, loved?

8. What's missing in your life, the presence of which would have your life be more fulfilling?

9. What is your spirituality? Do you believe in God, the concept of a higher power, the universe or something bigger than you? If so, please describe the most useful and empowering aspects of your relationship and thoughts about that higher power. If not, which reference point do you use?

10. What will make your investment of time, energy, and money in this coaching relationship worthwhile? What outcomes? What inner experiences? What will motivate you to keep moving (or stop moving) when times get tough?

11. What else would you like me to know about you?

12. What attracted you most about working with me and this approach?

I want to congratulate you for completing this interview. In doing so, you've already begun moving closer to a greater level of clarity and satisfaction in your life! I celebrate your willingness and commitment to yourself.