



10 Things You Want Me To Know About You

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

3. What do you consider your role to be in your local community? In the United States? In the World?

4. If you could devote your life to serving others—and still have the money and lifestyle you need—would you do it? How would it look?

5. If you trusted your coach enough to tell her how to manage you most effectively, what tips would you give?

6. If you had a five-year goal and you had the continuing services of a coach to help you make it happen (and money were not an issue), what would that goal be? What difference would working with a coach make?

7. What's missing in your life? What would make your life more fulfilling?

8. Do you believe in God or in the concept of a higher power? If so, describe the most useful and empowering aspects of your relationship with God. If not, what reference point do you use?



Primary Focus

Identify five areas that you want held as your main focus during this coaching relationship. For each focus area, provide a simple heading and a description of a measurable result. For example:

BE MORE PRODUCTIVE

I have a system to follow up on calls and letters, I'm on time, I get all tasks accomplished, I have realistic goals for new projects.

1.

2.

3.

4.

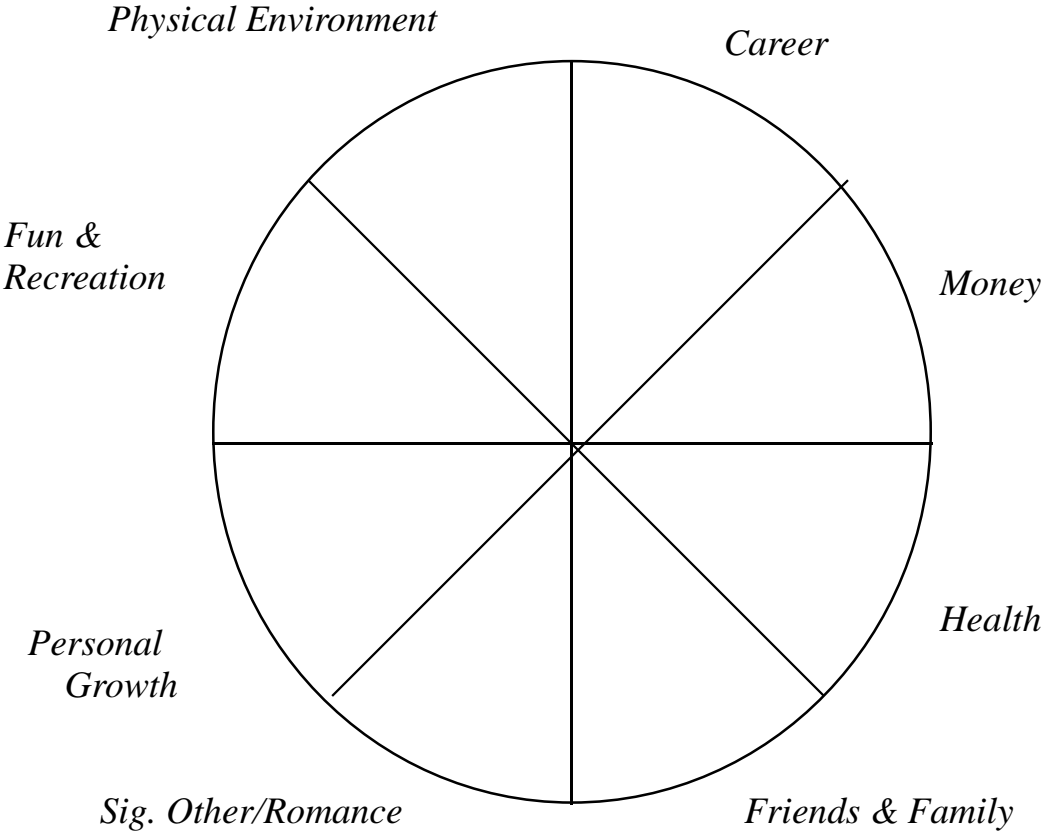
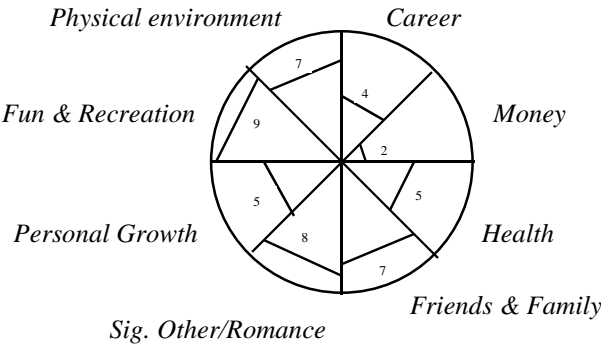
5.

Wheel of Life

Directions: The eight sections in the Wheel of Life represent Balance. Seeing the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example).

The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be if this were a real wheel?

Example



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WHAT YOU NEED FOR DESIRED OR DIRECTED CHANGE

(Also Known as Improvement)

VISION + SKILLS + INCENTIVES + RESOURCES + PLAN = CHANGE

NO

VISION + SKILLS + INCENTIVES + RESOURCES + PLAN = CONFUSION

INADEQUATE

VISION + SKILLS + INCENTIVES + RESOURCES + PLAN = ANXIETY

**VISION + SILLS + NO OR LOW + RESOURCES + PLAN = GRADUAL CHANGE
INCENTIVE**

DON'T HAVE OR

**VISION + SKILLS + INCENTIVE + DON'T USE + PLAN = FRUSTRATION
RESOURCES**

VISION + SKILLS + INCETIVE + RESOURCES + NO PLAN = FALSE STARTS

Remember: The only people who Like change are Wet Babies!!!