



CLIENT DISCOVERY QUESTIONNAIRE

About Your Life Today...

1. What is the most important thing for me to know about where you're at now?

2. Please define what taking your life, relationships, career and/or business to the next level would feel like for you.

3. What is your biggest pain point that you need addressed right now?

4. What do you fear the most?

5. What is the biggest change you want to have?

6. What do you want to share/tell someone but can't?

7. Who or what upsets/frustrates/angers you the most?

8. What do you want to be able to do better/master?



9. What is it that you want to do but feel stopped?

10. What do you really want to learn/understand/be able to do that you have struggled with so far?

11. If you were to wave a "magic wand", what would you like to have achieved or have happen 6-12 months from now?

12. When do you feel most confident and least confident as a person?

13. What makes you feel excited?

14. How do you know when you are happy? What do you see/feel/think/hear/do?

15. What bores you or switches your brain off?

16. What are the negative things you typically tell yourself about having the life of your dreams?

17. What spiritual/religious/manifesting/educational tools do you currently use in your life, if any?



18. Please list the things that you "tolerate" about your life. A toleration is anything you are putting up with, from your living circumstances, a friend who lets you down, the world in general or your own bad habits - anything that bugs you, even if you think there is nothing you can do about it. Most people, when they start to write them down, can come up with 60-100 items -- that's pretty much the average. If you can only think of 3 or you can think of 300, that's perfect. Just write them down and send them.

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1. What will I enjoy most about working with you?

2. What is your preferred learning style? How do you best learn and retain information?

3. What do you want me to watch out for in our sessions?

4. Do you have any uncertainties about working with me? Please share honestly here:

5. Are you willing to do the agreed-upon work and send me updates when required?

6. Are you ready to look at yourself and make the changes necessary to shift your thinking?



A note about me as a guide: I have a tendency to see immediately when a client is using excuses, is complaining, resisting or over-thinking an assignment. This usually means that the client doesn't want to move forward on a certain aspect of our work for whatever reason, and in most cases, that the client will eventually not see the results they signed up to get from our coaching. I usually don't enjoy working in this type of situation (I work best with "can do" people, rather than those who drag their feet or resist everything.) Bottom line is, I simply want the best results for you out of our work.

Do I have your permission to call you out on this if I see it happening?

7. What do you want me to do (or not do) if you get behind on your assignments or resist doing some of the work?

8. What is the most empowering and helpful thing I can do for you during sessions?

Please email me your answers when you are done and we will make a start on the most urgent and transformational need that you have to get you a quick win and start the motivational snowball rolling!