

# you

First Name:

Last Name:

Age:

Email:

Telephone:

Home Address:

Occupation:

Company/Business Name:

Title:

Marital Status: Single / Committed / Married / Divorced / Other

Children: Yes / No

# your perspective

What is it that you want to achieve in your work or life this year?

What are you working on to accomplish this? What worked? What didn't?

In order of importance, list three (3) things that you feel are incomplete in your life right now.

What does wild success look like for you in the next year?

What's present for you in THIS moment?

What's going well? What's creating that?

What's challenging? What's creating that?

What needs your attention?

What's meaningful?

What strength's do you notice in yourself?

What are you learning?

If all humans have traits/habits that can hamper their life, which ones are yours? (Circle all that apply.)

Procrastination

Indecisiveness

Low self-esteem or self-confidence

Not always telling the absolute truth

Acting as the 'Lone Ranger'

Tolerating rather than expressing

Not saying 'No'

Not saying 'Yes'

Controlling life / people

Following secondary goals (i.e goals that won't make you happy)

Other:

Finally, what do you expect from me in my role as a coach?

## **your role**

Are you READY, WILLING and ABLE to:

- Be reliable
- Do whatever it takes to reach your goals
- Listen to someone else's viewpoint
- Invest in yourself
- Get out of your comfort zone and try new things
- Fully commit to make the changes you are seeking
- Commit to a process - acknowledging that change is a process
- Ask for support and accept the support offered
- Stop tolerating and speak straight
- Make goals your top priority

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