



YOUR LIFE YOUR WAY ACADEMY

*Fast & Fun Personal Growth
for Long Lasting Fulfillment*



Example Client Questionnaire (3)

Coaching with the Your Life Your Way Coaching Methodology™ & Personality & Needs Profile®

Woman, mid 30's, Requested to add more descriptions

* If you had to choose between one of these, which would it be: Freedom or Stability. Which ONE do you desire the most? Write either Freedom or Stability in the box below. **Freedom**

* Rate your overall life satisfaction from 1 (low) to 10 (high). **6.5**

* **USE AT LEAST 30 WORDS:** In what area of your life are you feeling most "stuck", "overwhelmed" or "frustrated"? I like how you asked about freedom vs. stability. My whole life I had very little stability and I feel like I've spent the last decade building that for myself. And it's amazing to finally know that I'll have a roof over my head, food to eat, a job to go to. But now that I have those basics I want more. I want more of those dreams I hold so close - to help more people, to be more creative in my work and to be able to make enough money to travel, treat myself to nice things every once in a while, etc.

* **LIST 3 of your top talents with a DESCRIPTION FOR EACH IN AT LEAST 10 WORDS** for how do you use that talent. 1. Teaching - I use this somewhat at work, but would like to find a way to use it more and potentially move into making it the majority of what I do. 2. Empathy - I can really sit with people in their struggles and I do this in my work very well. 3. Creativity - I don't get to do this very much for work and would like to find more ways to integrate it. At home I love writing, photography, cooking, etc.

* **EXPLAIN IN 30 WORDS:** What is the one thing you are really proud about in life and why?

The life that I built for myself - a job, a husband, a son, a home, a masters degree - there were many times in my life when none of those things felt like a possibility.

* **DESCRIBE IN 20 WORDS:** What is the number one challenge that if it could be solved would make the biggest change in your personal or professional life? **Time.** My biggest challenge is lack of time, being at home most days with a rambunctious toddler and being exhausted at the end of the day to work on my business. My second biggest challenge would be confidence. If I could get rid of the doubts, fear of judgment, fear of making the wrong move, impostor syndrome, I would be able to push farther ahead in my professional life.

* **DESCRIBE IN 20 WORDS:** Which 3 things would you do if time or money were not an issue and why? 1) hire a nanny so that I could take time to work on my business 2) travel 3)

* **EXPLAIN IN 20 WORDS:** Is there an area of your life in which you feel you can't make it, that you must compromise or adapt to what others want? This could also be an area in which you feel influenced by people, circumstances, "systems" that are out of your control. **Just feel limited by this season of my life - with a young child and limited resources.**

* DESCRIBE IN 20 WORDS: What does a great relationship look like to you? What do you give to the relationships (intimate-family-friendship-work) to make it that way. **Oooh, reciprocal, meaningful, supportive, expansive,**

* How do you feel when a relationship is not going well? Describe this in a "cause & effect" way. EXAMPLE: "The other person does X and then I do Y." Or "I do X and the other person does Y." **Hmm I tend to pull back. Retreat. Shut down or go into fight or flight.**

* EXPLAIN IN 20 WORDS: Why are you in the career you are right now (or studying that field)? Do you feel it is the "best fit" for who you are and what you want in life? **I definitely think I'm in the right field but I'm not sure if the 1:1 therapy model is 100% right for me. I'd like to explore other ways of "helping" in a way that feels fulfilling.**

* DESCRIBE IN 20 WORDS: What does your "ideal" career look like. What are you doing on your "perfect" day that brings you the most satisfaction? **Funny enough when I picture my perfect day I see myself speaking to large groups of people - something I have never done, outside of presentations in grad school. I see myself doing advocacy. Teaching. Connecting people and organizations to useful resources. I also see myself spending time working on projects, books, articles, courses, etc.**

* How often do you think your work is "not going well", that you don't have enough time or resources to realize what you wish? How do you feel? How long does that thought-emotion last? How do you react? **Hmm usually pretty fleeting but those thoughts definitely exist.**

* DESCRIBE IN 20 WORDS: What is your Purpose or "Reason to Be"? You might explain it in a more "spiritual way" or describe the contribution you wish to leave the society in a "practical way". **To provide hope to those who feel lost, depressed, overwhelmed by life and unsure of whether it will ever get better.**

* LIST 3 words that your relatives, friends and colleagues use to describe you. They can be "compliments" or even "criticisms". THEN WRITE HOW THESE MAKE YOU FEEL? **creative, resilient, intelligent.**

* To live more of your greater potential, what is the first thing you must START doing now? **Take small steps daily.**

* To live more of your greater potential, what is the first thing you must STOP doing now? **Limiting beliefs.**

* List the operations you have had. Include if there any current or past issues that concern you? i.e. illness, failure, loss of a loved one, miscarriage etc.

None.