



Questionnaire for your Strategy Session

- 1) What do you do for a living and why did you choose that career?

- 2) What are the top three goals you are striving to achieve in your life and career right now?

- 3) What major stressors and challenges are you struggling with right now?

- 4) When you feel like your most successful and happy self, what makes you feel that way?

- 5) What would your dream life look like if you could wave a wand and make it happen?

- 6) What has prevented you from having that dream?

- 7) What goal or dream have you ever given up on or failed at?

- 8) What three big changes would you like to make in your life this year and next year?
 - a.
 - b.
 - c.

- 9) What are you most proud of and excited about in your life right now?

- 10) How would you describe your ideal coach?



High Performance Questions

- 1) What negative recurring thoughts, fears, or behaviors would you like to overcome in order to feel more psychologically free, confident, and successful?

- 2) What eating, exercise, or general health habits would you like to begin or break in order to feel stronger and healthier physiologically?

- 3) What distracts you from being more productive and what major projects or missions are you struggling to complete faster or more efficiently?

- 4) If you were more persuasive or influential, what dream or desire would you ask others to support you in achieving?

- 5) When do you struggle to be fully present in your day or in any of your relationships?

- 6) How purposeful do you feel in living each day, and how would you describe your purpose?