**Questions for Reflection**

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| **Coaching** |
| What issue/s do you want to address in our sessions?  List 3 main objectives for your sessions: (feel free to add more)  1.  2.  3. |
| How is this issue/s affecting you? |
| On a scale of 1-10, with 10 being the highest, how strongly is this issue/s affecting your life? |
| What are your expectations from me as your coach/therapist? |
| In order for me to work effectively with you, what should I know about you? About how you think and operate? |
| When you get stuck how should I be with you? |
| How do you make decisions? |

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| **Personal values and beliefs** |
| What are your values/personal beliefs? |
| What are you passionate about, what gets you worked up and what gives you joy? |
| How do you deal with disappointment? |
| What adjectives describe who you are at your core – name at least 5  1.  2.  3.  4.  5. |
| What adjectives describe who you want to be in the future – name at least 5?  1.  2.  3.  4.  5. |

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| **Employment** |
| If your job were as good as it gets – what would that look like? |

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| **Lifestyle** |
| What’s missing from your life that would make it complete? |
| What is present in your life for which you are grateful, where in your life do you feel fulfilled? |
| What is your life’s purpose? How do you stay faithful to that? |
| Looking at previous successes, what lessons did you learn about what did and didn’t work for you? |
| What strategies do you have in place to deal with obstacles? |
| On a scale of 1-10 (10 is high), rate the amount of stress you feel in your life right now. |
| What do you currently do in your daily/weekly routine that would be considered self care (eg. Exercise, hobbies, relaxation) |