



**CERTIFIED
HIGH PERFORMANCE
COACHING™**

QUESTIONNAIRE FOR YOUR FREE COACHING STRATEGY SESSION

Goal: *To help you reach heightened levels of clarity, energy, courage, productivity, and influence on your march to a successful, healthy, and fully charged life.*

Instructions:

Please answer the questions below and on the following pages to the best of your ability and email or your responses to me before our call. The first section helps me understand how you are performing in key areas of high performance: clarity, energy, courage, productivity, and influence. The ten questions help me get to know your goals.

Your Full Name: _____

Phone Number: _____

Address: _____

City, State, Zip _____

Country: _____

Email: _____

Occupation: _____

Date of Birth: _____

Questions:

Please briefly describe how you heard about my coaching services and why you would like a Strategy Session with me:



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Please rate yourself in the following areas of your life on a scale of 1 (lowest) to 10 (highest):

Clarity:

Do you feel you are clear about who you are, your purpose, and the direction you want to go in life?

1 2 3 4 5 6 7 8 9 10

Energy:

Do you consistently have enough mental and physical energy needed to excel, accomplish your goals, and feel motivated and happy?

1 2 3 4 5 6 7 8 9 10

Courage:

Do you take action and consistently express who you truly are and what you truly think, need, and desire with the world?

1 2 3 4 5 6 7 8 9 10

Productivity:

Are you consistently focused and effective, and are you good at minimizing distractions and maintaining priorities?

1 2 3 4 5 6 7 8 9 10

Influence:

Do you feel you have the social influence with your family, friends, and team needed to accomplish your goals?

1 2 3 4 5 6 7 8 9 10

1. What do you do for a living, and why did you choose that career?
2. What are your top 3 goals you are striving to achieve right now?
3. What major stressors or 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?

