

Name: \_\_\_\_\_

## Coaching Preparation Form

**What goals, if any, do you have for the next 12 months?**

1.
2.
3.

**If you were to die suddenly tomorrow, what are the 5 things you will regret never doing, achieving or accomplishing in your life? List things that would of been fun or made your life more enjoyable, not things you'd regret out of guilt.**

1.
2.
3.
4.
5.

**Please rank the above 5 things in order of importance to you. (Number 1 is of greatest importance).**

1.
2.
3.
4.
5.

**What is stopping you doing, achieving or accomplishing the top 2 things on your list?**

1.
2.
3.
4.

**Study these values below:**

Family Happiness	Self Respect	Generosity
Competitiveness	Recognition	Wisdom
Friendship	Advancement	Spirituality
Affection	Health	Loyalty
Cooperation	Responsibility	Culture
Adventure	Fame	Inner Harmony
Achievement	Involvement	Order
Wealth	Economic Security	Creativity
Freedom	Power	Peace
Integrity	Personal Development	Fulfilling Employment
Self Happiness	Other:	Other:

***Which of these motivates you? Which of these gets you excited?  
Which of these will you move mountains to have?***

**Write your top 5 values in order (of motivating power) below:**  
***(With number 1 motivating you the most down to 5 which would be the least).***

1.
2.
3.
4.
5.

***Please email, fax or post this form to reach me 24 hours before your first session.***