Development Questionnaire

Identifying Goals

1. What areas of your life could be upgraded/ tweaked?
2. What could we work on now that would make the biggest difference to your life?
3. How would you feel about doubling that goal?
4. What are you tolerating/ putting up with?
5. What do you want MORE of in your life? (Make a list)
6. What do you want LESS of in your life? (Make a list)

Action Steps Questions

1. What research could you do to help you find the first (or next) step?
2. Who could you talk to who would illuminate this issue?
3. Who should you be hanging out with – so that achieving this goal becomes natural? (i.e. who’s already doing it?)
4. How can you get the knowledge/information you need?
5. What are three actions you could take that would make sense this week?
6. On a scale of 1 to 10, how excited do you feel about taking these actions?

Perspective

1. What in this situation can you find to be grateful for?
2. What are you doing will? What can you do better?
3. What’s one way you could have more fun in your life?
4. If you were your own coach, what coaching would you give yourself right now?
5. What is the value of your current attitude?
6. What’s your favorite way of sabotaging yourself, and your goals?

Gain new ground questions

1. What are three of your greatest strengths?
2. What are you most excited about now? What are you looking forward to?
3. What’s one way to get more energy into your life?
4. If your relationship was IDEAL, what’s one thing that would be different?
5. What would be your ideal career – If you could do anything?
6. What’s one thing that you could do to give yourself more peace financially?
7. What is your life really about? What is your purpose?