



Potential Unlimited

Magical Life Pre-Coaching Questionnaire

All completed information is fully confidential and will not be passed on to any other party. The questions are in-depth and created to help you clarify your thoughts and jump-start our first Magical Life coaching or Personal Breakthrough Session. Please answer all the questions as instinctively as you can and complete the Wheel of Life exercise. Please return to me before the first session takes place.

Full Name: _____

Address: _____

Contact Tel number for coaching: (Fixed line only for free call) _____

Email: _____

Date of Birth: _____

Occupation: _____

General Questions

YES NO

1. Do you often feel stressed and think there is something holding you back from a much more successful life? YES NO

2. Out of 100 percent for both categories how much is stress and indecision in your life costing you in emotional and physical terms?

Emotional%

Physical%

3. Do you feel substantially more alive or further ahead than you did a year ago? YES NO

4. Do you often know what you 'should' be doing but have a difficult time actually doing it? YES NO

5. Do you routinely run out of time, energy or patience by the end of the day? YES NO

6. If you have a career is it more of a job than a calling? YES NO

7. Is there less meaning in your life, career, relationship or business than you would like?
8. Do you have a difficult time balancing your career, family, friends, health, etc?
9. How long has it been since you really enjoyed yourself?
(i.e. six weeks, three months, one year)
10. Do you often find yourself living automatically or just going through the motions?
11. Do you routinely find yourself worrying about the future?
12. Do you want more success, peace, close relationships or a sense that your life is making a difference?
13. Do you ever get a sense that you are not living the life you were meant to live and that there is much more to life than you are now experiencing?
14. Do you have someone in your life who routinely gives you independent feedback and helps you to see what you might be missing?
15. What would you like to achieve through coaching?

What is most important to you in life?

Who is most important to you?

What goals have you achieved so far in your life?

What dreams/goals have you set aside as unachievable?
(Describe in a few words how you feel about this).

What are your natural gifts and abilities?

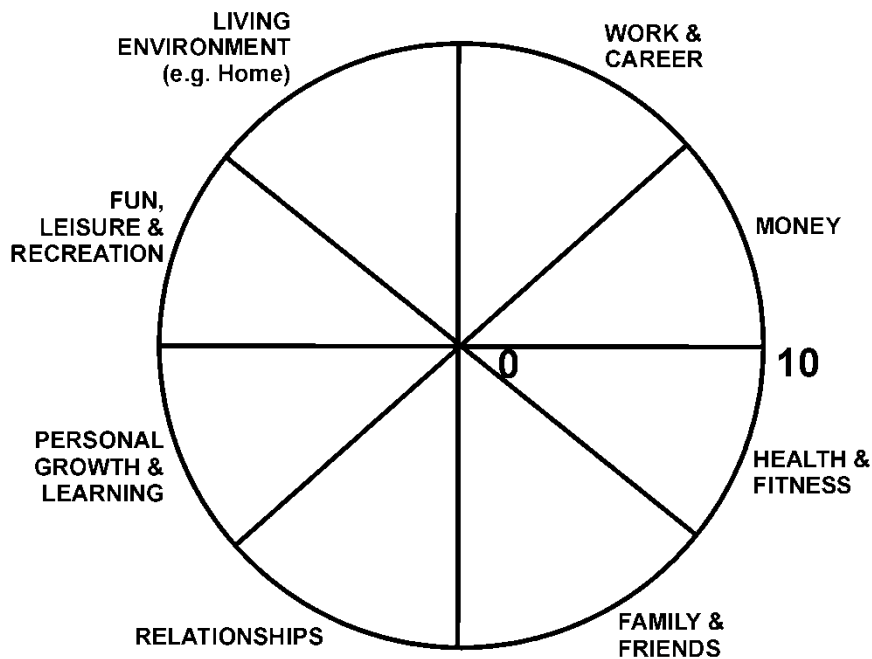
What aspects of your life/work do you enjoy the most?

What aspects of your life/work do you enjoy the least?

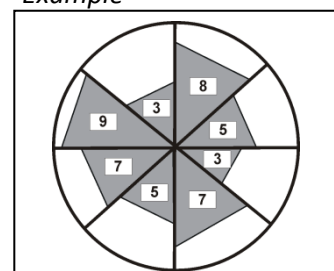
What do you feel that you are putting up with?

What personal habit or trait would you like to change?

The Wheel of Life



Example



The eight sections in the wheel represent life balance. The centre of the wheel represents **'very dissatisfied' (0)** and the outer edge as **'very satisfied' (10)**. Next, taking the centre of the wheel as **0** and the outer edge as **10**, rank your level of satisfaction with each area out of 10 by drawing a **straight line within each section and number it, to create a new outer edge (See example)**. It should represent how you feel at this moment.

Completing the Wheel of Life will help you to decide which area is a priority for you right now that you would like to move forward with. Take time to decide which area it is. Then choose it as the priority. Working on one area at a time will produce better, positive knock-on results than trying to change too much in one go.

Your Happiness Blueprint

When your life is working, what is working about you?

When your life is not working, what is not working about you?

What makes you happiest?

When were you happiest?

How did you become happy then?

What do you like most about yourself?

What creates that quality?

How do you make that quality last?

When did you have that quality the most?

How could you create more of it?

What gives you peace of mind?

Who/What brings out the best in you?

Who appreciates you most?

Why?

What are your primary strengths?

What are your core beliefs?

What values do you live by?
Who is on your emotional support network?

Are you learning and growing the way you want to?

What do you want to create in your life?

What/Who best helps you feel creative?

If you had no limitations, what would you want your life to be?

What is a dream that you would love to chase if you knew you couldn't fail?

Thank you for completing this questionnaire. I look forward to working with you.

Please return by email to: **valerieanthony77@aol.com**

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