



## CAPACITY BUILDING INTERNATIONAL LIMITED

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# NEW CLIENT QUESTIONNAIRE

*Provide responses to each statement: 1 (strongly agree) to 5 (strongly disagree)*

- \_\_\_\_\_ I feel that I am capable of having the life I really want.
- \_\_\_\_\_ I am open to experimenting with new ways of doing things in my life.
- \_\_\_\_\_ I am willing to be disciplined and follow through with my commitments.
- \_\_\_\_\_ I am a positive person.
- \_\_\_\_\_ I hold myself fully accountable for the results I create in my life.
- \_\_\_\_\_ I have a clear vision for my life and what I am committed to accomplishing.
- \_\_\_\_\_ I do well when working with others.
- \_\_\_\_\_ I live with a high level of integrity.
- \_\_\_\_\_ I am supported by the people in my life and they are committed to my success.
- \_\_\_\_\_ I am committed to my own personal growth and am willing to invest the necessary time and energy.
- \_\_\_\_\_ When I have a setback in life, I am able to bounce back quickly.
- \_\_\_\_\_ I am able to receive support and contribution from others.

What influenced your decision to start working with a Life Coach?

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Have you ever worked with a Life Coach before? If so, please describe your experience.

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What part of your life is working well?

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What part of your life could be working better?

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What do you want to focus on first in your work with me?

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What are some obstacles that keep you from achieving your goals?

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What are your life values? What is most important to you?

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What is success in your opinion?

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If you knew you wouldn't fail, what would you love to do?

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What is your biggest fear?

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What is your biggest reoccurring complaint about yourself?

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What are your biggest personal strengths?

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What are your biggest personal weaknesses?

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