

Who Are You, Really ... And What Do You Really Want?

Background Information

Dear Coaching Client:

You are a unique individual. There has never been anyone exactly like you in the entire course of human history, nor can there ever be again. Your individual background, experiences, goals, and achievements are yours and yours alone. They are what define you as a person.

The purpose of this Self-Discovery Questionnaire is to help us both discover who you really are, what you truly value, and what you genuinely want in your life — tomorrow, next year, in five, ten, and twenty years, and all the way through to the end. Your answers will give us direction, and will allow us to establish clearly stated goals so we can move forward together on your path of Whole Life Success.

It's understandable that you might be concerned about what happens to the information you will share below. Let me assure you that only you and I will ever see these pages. That said...let's begin.

Welcome to the adventure of Whole Life Success.

TODAY'S DATE _____

NAME _____

ADDRESS _____

TELEPHONE (DAY) _____ (EVENING/HOME) _____

DATE OF BIRTH _____ AGE TODAY _____

HOW DID YOU FIND OUT ABOUT COACHING ASSOCIATES? _____

The Prism Of Your Life

To some greater or lesser degree, every adult's life is comprised of six individual facets:

- ▶ Interpersonal Relationships
- ▶ The Physical Body
- ▶ Career and Professional
- ▶ Financial and Material
- ▶ Self-Growth
- ▶ Spiritual Connection

We refer to these elements as facets because, like the facets of a prism, all the facets of your life always exist simultaneously. But because we live in a world defined by time and space, it's usually true that only one facet at a time can be held up to the light. And, like the facets of a prism, when it comes to the facets of your life, it's likely that you are focusing on only one or two at any given time. The purpose of Whole Life Success Coaching is to help you put *all* the facets into perspective.

That is to say, we will determine together which of your life's facets are of greatest value to you, which ones shine brightest in the light, and which ones deserve your greatest investment of energy. But beware: In order to achieve Whole Life Success, *all* of the facets must be polished to their highest possible individual brilliance. And that's what we'll work on together.

Let's begin by exploring each facet of your life as it is today, and where you would like it to be in the future. Then, we can set our goals, prioritize our work, and move forward toward your Whole Life Success.

Let Me Get To Know You Better...

Interpersonal Relationships: Tell me about the people in your life.

I'm:

- ▶ Single
- ▶ Engaged
- ▶ Married
- ▶ Remarried
- ▶ Separated
- ▶ Divorced
- ▶ Widowed
- ▶ Other (explain) _____

With whom are you living now? (List people's names, and your relationship to them)

If you are involved in a committed relationship, what is your partner's name, age, and occupation?

Are you currently living together? _____

Describe your relationship with your partner. _____

Are your parents alive? _____

Describe your relationship with your parents. _____

If you have children, describe your relationship(s) with your children. _____

If you have in-laws, describe your relationship (s) with your in-laws. _____

Besides the people listed above, who are the other significant people in your life? (You can use first names only, if you like, but please indicate your relationships with them, e.g., co-worker, friend, etc.) _____

Of all the people in your life, who is the most significant person to you right now, and why? _____

If there is a person not listed above with whom you would like a relationship of any kind, identify that person, how you know him/her, the nature of the relationship you would like to have, and why. _____

Use the space provided below to describe how you would like the various relationships in your life to be better, and what you think has to happen in order for those relationships to improve.

Your Physical Body: How Do You See Yourself?

Describe your physical appearance. _____

What is the best thing about your body? _____

What would you most like to change about your body? _____

Are you currently taking any medications, vitamins, pills, etc? If so, what are they, why are you taking them, and are they helping you? _____

Are you currently involved in a regular program of daily exercise? If so, describe it. _____

What would have to happen in order for you to love the way your body is both inside and out?

Career and Professional: What Do You Want To Do?

If you are currently working, describe your job. _____

What is the best thing about the job you now have? _____

What do you like least about your current job? _____

What job or profession did you fantasize about most when you were a kid? _____

If you did not pursue that fantasy, why didn't you? _____

Describe your ideal job or career. _____

What would have to happen in order for you to be satisfied and fulfilled in the work that you do? _____

Financial and Material: Tell Me About The Things In Your Life.

What do you consider to be your current socioeconomic level? _____

Do you have all the money you need and want? If not, why not? _____

What is your relationship with money? (For example, do you believe that money is evil? That it's just a means to an end? etc.) _____

Has your economic condition changed significantly throughout your lifetime? If so, how and why? _____

What is your most prized material possession, and why? _____

What is the most expensive thing you have ever owned, how did you get it, do you still own it, and why or why not? _____

How do you feel about giving part of your money away to others? _____

What would have to happen in order for you to feel that you have all the money and things you need and want in your life? _____

Self-Growth: How Would You Like To Improve Yourself?

What are your greatest people strengths? _____

What weaknesses do you see in yourself? _____

What was your favorite subject in school? _____

What do you most enjoy doing in your leisure time? _____

What would you like to be really good at? _____

What self-improvement programs or activities have you undertaken in your life? _____

What self-improvement programs or activities are you currently involved in? _____

If time and money were not factors, what would you most like to study or learn how to do? _____

At the end of your life, what do you think you would most regret not having done for yourself?

Spiritual Connection: What Do You Believe In?

Do you believe in a “Higher Power”? If so describe your belief. If not, why not? _____

How is your current belief system different from the one in which you were raised? _____

What happen to make it different? _____

Have you had any significant experiences that either confirmed or challenged your spiritual belief? _____

If so, describe. _____

How does your life demonstrate your spiritual beliefs? _____

Do you want a stronger connection with your spiritual beliefs? If so, why? If not, why not? _____

What, if anything, would have to happen in order for you to feel more spiritually connected to the world, to other people, and to a “Higher Power”? _____

Let's Put It All Together

The questions you have just answered give us a good starting place to examine your life as it is now, and to determine what has to happen in order for it to be the way you want it to be. Now, let's do a few final exercises to figure out how we are going to move forward.

Your Unique Perspective

Number the "facets" below from 1 to 6 in order of its priority in your life now; in other words, in the order of where you are focusing right now in your life (1 is the highest, 6 is the lowest.)

- _____ Your Interpersonal Relationships
- _____ Your Physical Body
- _____ Your Career and Professional Life
- _____ Your Financial and Material Situations
- _____ Your Own Self-Growth
- _____ Your Spiritual Connection

Now, number them in order of which you would *like* to be focusing on in your life right now (1 is still the highest, 6 is still the lowest).

- _____ Your Interpersonal Relationships
- _____ Your Physical Body
- _____ Your Career and Professional Life
- _____ Your Financial and Material Situations
- _____ Your Own Self-Growth
- _____ Your Spiritual Connection

If there is a discrepancy between your life priorities as they are now and your life priorities as you would like them to be, explain why you think the discrepancy exists and what would have to happen for the focus of your priorities to change. _____

Whole Life Facet

What I Want & What I Think I Have To Do

4.

5.

6.

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