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**BELOW ARE THE TOPICS I WOULD LIKE TO DISCUSS WITH YOU  
DURING OUR INITIAL CONSULTATION SESSION.  
(You may give some thoughts to those issues before our initial meeting.)**

- What influenced your decision to work with a coach?
- Have you ever been coached? If so, please describe the experience.
- What kind of specific goals do you have for the coaching relationship?
- What are your significant commitments?
- How would your perfect life look like?
- What are your dreams?
- What dreams have you given up on?
- What parts of your life are working best now?
- What parts of life are working least well?
- On which aspects of your life you want to focus first?
- What are your values?
- What stops you from having the life you want to have?