



Merlin International Projects Life Skills Coaching Questionnaire

NB. There are subjects and situations that are inappropriate for coaching. Where necessary, you will be advised to seek alternative assistance.

No journey should begin without an awareness of your destination. ¹

What aspects of your life do you wish to improve?

List three things that you would like to not do or not have in your life.

List three things that you value or really appreciate about your life.

List three things that you value or really appreciate about yourself.

¹ Courtesy Fiona Harrold and Newcastle College, UK

On a scale of 1 to 10, what is your current commitment to taking the appropriate steps required to make the changes necessary for these improvements? _____

If required, what would it take to raise your level of commitment?

Are you able to make the time and financial commitment to make the outcome of this process worthwhile? _____

My current expectations of coaching are:

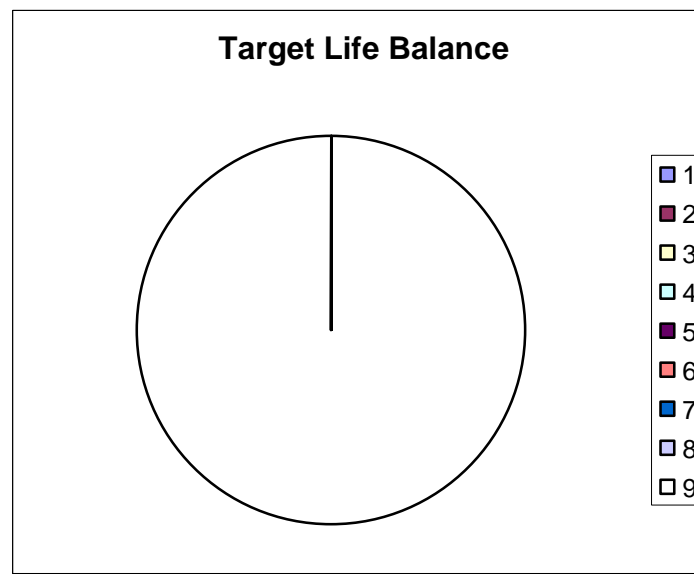
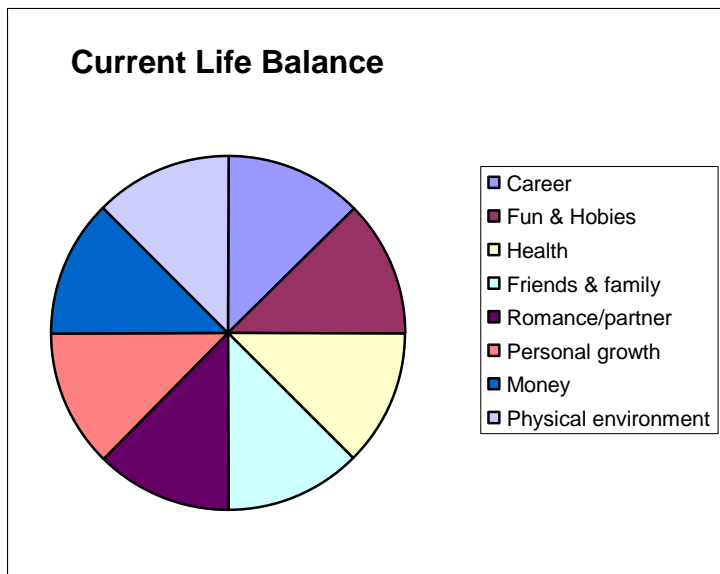
Please complete the above and also provide as much detail as you can to assist me in knowing sufficient about you to understand where you are coming from, and more importantly, the direction you seek.

Values: Select and rank the following words in order of importance to you.

Achievement	Adventure	Beauty	Charity	Community
Creativity	Dignity	Ethics	Family	Friendship
Fun	Freedom	Growth	Happiness	Health
Honesty	Honour	Humility	Independence	
Individuality	Integrity	Intimacy	Justice	Kindness
Knowledge	Leadership	Love	Peace	Power
Pride	Reason	Respect	Risk	Security
Self-discipline	Self-esteem	Service	Spirituality	Strength
Supportiveness	Surrender	Trust	Truth	Wisdom

Take some time to think about your ideal life balance and enter the values, as percentages in the target column.

Aspects of life	Current %	Target %
Career	12.5	0
Fun & Hobies	12.5	0
Health	12.5	0
Friends & family	12.5	0
Romance/partner	12.5	0
Personal growth	12.5	0
Money	12.5	0
Physical environment	12.5	0
		100
	100	100



David Wood, Life and Performance Coach.