

**My Model of the World**

Name .....

Identify three main areas you would like to choose as your main focus during the coaching relationship.

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Is there a principle / motto you like to lead your life by?

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What are the 3 biggest changes you want to make in your life in the next year ?

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What would you say have been your 3 greatest accomplishments to date?

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What is the hardest thing in life that you have had to overcome?

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What major transitions have you had in the past two years?

(New decade of life, new relationship, new job, new role, new residence, etc.)

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What's missing in your life? What would make it more fulfilling?

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Who are the key people in your life and what do they provide you with?

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Who are 3 people you greatly admire? What do you admire in them?

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What are the 3 things that really drive you mad?

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List 5 things that you are tolerating in your life right now.

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List 5 adjectives that describe you at your best.

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List 5 adjectives that describe you at your worst.

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Is there a dream or goal you have given up on?

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If you continue to live as you do, what regrets will you have?

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What motivates you?

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If there were a secret passion in your life, what would that be?

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Do you have a personal or professional vision?

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