

Coaching

Completion Questions



Client Name: _____

Date: _____

1. What specifically have I achieved during our coaching?
(goals, achievements, and successes)

- ▶
- ▶
- ▶

2. How am I different, and what am I doing differently
due to coaching?

- ▶
- ▶
- ▶

3. What are my top 3 goals and dreams right now?
(personal, work, academic)

- 1.
- 2.
- 3.

4. What are my top 5 core values as I understand them?

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |





5. What limiting beliefs have I let go of? (e.g., about myself/life/others) I NO LONGER BELIEVE:

- 1.
- 2.
- 3.

6. What positive new beliefs do I have? (e.g., about myself/life/others)? I NOW BELIEVE:

- 1.
- 2.
- 3.

7. What specifically have I learned about myself? (that I perhaps haven't mentioned yet)

8. What have I learned during this coaching or program that I will carry forwards in life?

9. What has been the best part of coaching for me?

10. What are the best things about my life?

11. What ONE piece of advice would I give myself to take to move forward?



12. What else do I want to note down that would be useful to me going forward?
