

Complimentary Session Questionnaire

7 Thought Provoking Questions

In preparation for our time together, please answer these seven questions and return via email (cindy@inventyourlife.com) prior to your complimentary session.

The coaching process is an *inside job*, a time of self discovery; it's about seeking the truth – what's true for you. Questions are an integral part of the process. Answering these seven questions will cause you to think deeper about you and your life. When answering take time to think and reflect.

1. Why have you contacted Invent Your Life at this time in your life? Provide some background, what is going on in your life right now?
2. What three short-term goals would you like to accomplish in the next three months?
3. What are you working on right now that is not producing results you're looking for?
4. How would you use a coach?
5. If you knew you wouldn't fail, what big, hairy and audacious goal would you pursue?
6. Is anything missing in your life? If so, what?
7. How will you measure the success of this program?

During your complimentary session we will address your situation, the coaching process, fees, assessments, expectations, and any other questions you may have. I look forward to speaking with you!

"We can't go back to make a brand new start. But we can start now and make a brand new ending."

