

# My Better Life

Coaching and Therapy

## CLIENT DISCOVERY FORM

To support the coaching process and to focus your thoughts before you attend your first session, please answer the following questions, which will give you some clarity and a strong base as a starting point to explore how coaching can best benefit you.

*Note: Some of the questions look the same but are asking the same thing in a different way, so please persevere. If you have trouble filling any in, note this against the question and talk to your coach about it.*

1. How would you rate your life out of 10 in the following areas (10 being 'couldn't be better')?
  - a. HEALTH ( )
  - b. FAMILY ( )
  - c. MONEY ( )
  - d. FUN ( )
  - e. RELATIONSHIP(S) ( )
  - f. CAREER ( )
  - g. FULFILLMENT ( )
  - h. RELAXATION/PEACE ( )
  - i. OTHER: ( \_\_\_\_\_ ) ( )

2. If there was one goal you could achieve in the next 3 to 6 months which would make a big difference in your life, what would it be?

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3. If you could choose to have more of one thing in life, what would it be?

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4. What would you say you are 'tolerating' or 'putting up with' the most (top 3) in your life?

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5. What one thing would you change in your life, if you had to choose?

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6. Considering everything you have done, or thinking about who you are, what would you most like to be acknowledged for?

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7. To increase your enjoyment of life, name 3 key areas you would focus on for your own personal development:

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- a. \_\_\_\_\_  
b. \_\_\_\_\_  
c. \_\_\_\_\_
8. Write down ONE thing you would like, but are unsure if or how you can have it:
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9. All of us have ways of sabotaging our life, or holding ourselves back. Which of the following would be your favourite methods of doing this, ranking the top 5 (1 is most effective, 5 is least effective):
- a. PROCRASTINATION ( )
  - b. TOLERATING ( )
  - c. FOLLOWING EASIER SECONDARY GOALS INSTEAD ( )
  - d. BEING INDECISIVE ( )
  - e. NOT SAYING "NO" ( )
  - f. NOT SAYING "YES" ( )
  - g. ARROGANCE OF 'ALWAYS BEING RIGHT' ( )
  - h. TRYING TO CONTROL LIFE/PEOPLE ( )
  - i. NOT BEING TRUTHFUL ( )
  - j. DOING EVERYTHING ALONE ( )
10. If working with a coach on a regular basis (once a week or month) what do you think you would most likely get from the relationship that you feel is missing in your life? (Select up to 3):
- a. DIRECTION ( )
  - b. INSPIRATION ( )
  - c. CHALLENGE ( )
  - d. A LISTENER/SOUNDING BOARD ( )
  - e. VALIDATION ( )
  - f. SUPPORT ( )
  - g. ACCOUNTABILITY ( )
  - h. IDEAS OR STRATEGIES ( )
  - i. FOCUS ( )
11. Do you think you are 'coachable', meaning you are open to input and feedback, comfortable working in a partnership of honesty and open to making changes?
- a. HIGHLY ( )
  - b. SOMEWHAT ( )
  - c. MAYBE ( )
  - d. UNLIKELY ( )
12. Are the fees affordable?
- a. COMFORTABLY ( )
  - b. MIGHT NEED TO PRIORITISE SPENDING, BUT OK ( )
  - c. A CHALLENGE ( )
  - d. CAN'T SEE HOW I COULD AFFORD IT ( )

Many thanks for taking the time to complete this form honestly. It is the first step on what could be your greatest journey!

Please email the form to me at [info@mybetterlifecoaching.uk](mailto:info@mybetterlifecoaching.uk) (or bring it to your first session if you are unable to email it, and we can spend 10 minutes going through it)