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How did y	ou hear about	my coaching	services?
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Do you have specific goals for the coaching relationship? If not, what goals might you now create?

What are your significant commitments?

What would your perfect life look like?

What is working best now in your professional life? _____

What parts of your professional life are working least well?

What are your values?

What stops you from having the life you want to have? _____

Where do you want to focus first?