



8. Thinking about coaching, I am looking: (tick all that apply)

- For More Meaning/Purpose in Life
- For More Fulfilment/Happiness in Life
- For More Ease/Simplicity or Balance in Life
- For More Freedom and/or Inner Peace in Life
- To Change or Move Forwards in my Career
- To Achieve my Goals Faster/More Easily
- To Learn to Trust Myself More/Be My Authentic Self
- Other (If there was something you haven't mentioned yet, what would it be?) _____

9. I am ready to take ACTION, and make changes in my environment, habits and life:

Maybe / Yes / No (please circle)