

NEW CLIENT QUESTIONNAIRE

Provide responses to each statement: 1 (strongly agree) to 5 (strongly disagree)

_____ I feel that I am capable of having the life I really want.

_____ I am open to experimenting with new ways of doing things in my life.

_____ I am willing to be disciplined and follow through with my commitments.

_____ I am a positive person.

_____ I hold myself fully accountable for the results I create in my life.

_____ I have a clear vision for my life and what I am committed to accomplishing.

_____ I do well when working with others.

_____ I live with a high level of integrity.

_____ I am supported by the people in my life and they are committed to my success.

_____ I am committed to my own personal growth and am willing to invest the necessary
time and energy.

_____ When I have a setback in life, I am able to bounce back quickly.

_____ I am able to receive support and contribution from others.

What influenced your decision to start working with a Happiness Coach?

Have you ever work with a Happiness Coach before? If so, please describe your experience.

What part of your life is working well?

What part of your life could be working better?

What do you want to focus on first in your work with me?

What are some obstacles that keep you from achieving your goals?

What are your life values? What is most important to you?

What is success in your opinion?

If you knew you wouldn't fail, what would you love to do?

What is your biggest fear?

What is your biggest reoccurring complaint about yourself?

What are your biggest personal strengths?

What are your biggest personal weaknesses?