

# INNER WISDOM HLC, LLC

Hypnotherapy and Life Coaching



## NEW CLIENT

### QUESTIONNAIRE

Provide responses to each statement between 1 (strongly agree) - 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 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 life coach?

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

What is your biggest fear?

What do you complain the most about yourself?

What are your personal strengths?

What are your personal limitations? (weakness)

What part of your life is working well?

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 is most important to you?

What is success in your opinion?

If you could do anything you wanted to, and knew you would succeed, what would that be?