

## COACHING DISCOVERY QUESTIONNAIRE

After reviewing my website I encourage you to make a good choice in your commitment to be coached. I offer you here a confidential self-assessment tool.

Once you have completed this questionnaire please copy and forward it to me via email. I'll give you a complimentary consultation to help you decide exactly what you want coaching about. Email me through my site or phone me at 919 321 1169, 10AM to 8PM.

Name \_\_\_\_\_ D.O.B \_\_\_\_/\_\_\_\_/\_\_\_\_ Email \_\_\_\_\_

Phone # \_\_\_\_\_ Address \_\_\_\_\_

### Please address the following

Rate your current life circumstance from one to ten. Ten being perfect, "it can't get any better," One meaning, "Lots of improvement is needed in this area."

Intellectual engagement: \_\_\_\_\_

Money to meet needs: \_\_\_\_\_

Opportunity for skill development: \_\_\_\_\_

Profession/Job respect: \_\_\_\_\_

Work/Life balance: \_\_\_\_\_

Emotional and Physical Health: \_\_\_\_\_

Fun: \_\_\_\_\_

Fulfillment: \_\_\_\_\_

Other: \_\_\_\_\_

1. What is the one thing you would like to achieve in the next six months that would make the biggest difference in you life? \_\_\_\_\_

2. If you could have more of one thing in your life, what would it be?  
\_\_\_\_\_

3. Name at least three things you are tolerating or putting up with in your life.

Toleration 1: \_\_\_\_\_

Toleration 2: \_\_\_\_\_

Toleration 3: \_\_\_\_\_

4. How would your life be different if you no longer had the above tolerations?  
\_\_\_\_\_

5. To increase your enjoyment of work and life, what are the three key areas for you to focus on for your own personal and professional development?

Area 1: \_\_\_\_\_

Area 2: \_\_\_\_\_

Area 3: \_\_\_\_\_

6. Write down one thing in your life you would like to have but don't have a clue how to go about getting it.

\_\_\_\_\_

7. Assuming all human beings have some roadblocks in their life, or ways of holding themselves back, what would be your favorite method? (Circle your favorite or two; write in any that are missing.)

Not planning or setting goals

Procrastinating

Being indecisive

Arrogant/having to be right

Not always telling the absolute truth

Acting as the 'Lone Ranger'

Tolerating

Not saying 'No'

Controlling life/people

Not listening to others

Following secondary goals (i.e. goals that won't ultimately make me happy)

8. What would be the most valuable thing you would get from working with a coach?

\_\_\_\_\_

**Circle yes or no:**

I am ready to do whatever it takes to reach my goals.                      Yes      No

I am willing to listen to the viewpoint of someone else.                      Yes      No

I am willing to invest in myself.    Yes      No

I am willing to get out of my comfort zone and try new things.                      Yes      No

I am willing to make the commitment necessary to make the changes I am seeking.                      Yes      No

I am willing to commit to the process, knowing that change

does not happen over night.	Yes	No
I will stop tolerating.	Yes	No
I am ready to invest in myself.	Yes	No
I am ready to put myself first in my life and work.	Yes	No
I understand to change a habit takes time and practice.	Yes	No

Give yourself one point for every Yes you circled and 0 point for every No you circled. Tally up the number of Yes's and the number of No's.

If you scored:

**8-9 points** You are ready to make the investment and hire a coach. Your commitment level is high and you will achieve much from working with a coach.

**5-7 points** You are almost there. You may request a trial session to work with your coach on areas that are getting in your way. Ask your coach to support you in removing those blocks so you can move forward and begin to create the change you want in your life.

**0-4 points.** Most likely you are not ready to hire a coach. You may request a consultation, however, to ask the coach for suggestions on what you could do to prepare yourself to begin the process of change.

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Save and attach this questionnaire as an email to me, [Charles@CharlesBenz.com](mailto:Charles@CharlesBenz.com),  
Or mail to: C.F. Benz, CPC, 4118 Pin Oak Drive, Durham NC, 27707