**Living Water Coaching Profile**

Please complete this profile and return a copy to me, preferably by email, [davidmoliver@att.net](mailto:davidmoliver@att.net)

I would appreciate it being returned, if possible, a week in advance of our first session. Answer the questions truthfully and without concern about any judgment from me. Leave blank any questions that you deem unnecessary for me to help you to be your best.

Date:

Name:

***Primary Focus:*** Identify up to five areas that you want held as your main focus during this coaching relationship. For each focus area provide a simple heading and a description of a measurable result.

1.

2.

3.

4.

5.

***Questions to Ponder:***

What about your life really excites you? What makes you happiest/most fulfilled?

What is your life purpose? What do you most want for yourself and others?

What do you truly and deeply value?

What is your professional/business mission?

What are you most pleased and proud of having accomplished?

What makes you unique and powerful?

What personal gifts have you not given full expression to?

What things, people or situations are you tolerating in your life?

How do you tend to sabotage your success?

What things are you now willing to do or change?

Where do you get your energy? What drains your energy?

In what ways do you not honor yourself and your core values?

What attitudes or beliefs held by you currently limit you?

What attitudes or beliefs held by others currently limit you?

Who has been the most influential person in your life? Explain.

What have you hired me to do/be for you?

What are five things you can do immediately that will move you to where you want to be?

How might you sabotage yourself in this coaching relationship?

What motivates and inspires you?

What vision or goal is compelling enough for you to make radical changes?

How will you and I know how successful our coaching has been?

How can I best coach you?

What are the opportunities currently available to you that you wish to make the most of?

What consumes your time that doesn’t serve you or your vision?

What are you currently struggling with that you would like to do with less effort?

What are the sources of adrenaline in your life? (work, sugar, exercise, relationships, etc.)

What aspects of your life are you controlling and what aspects are controlling you?

What questions should I be asking you that I haven’t?

Is there anything that you prefer I would not ask you about at this time? You are free to raise anything you wish in our sessions. I will follow your lead on this.

***List any assessment tools you have taken and share what you learned about yourself from each.***