



# Pre-Coaching Questions

1. What are you most passionate about in life?

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2. What are you most frustrated with right now?

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3. What are three major things you'd like to change or accomplish in the next six months?

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4. What's the first thing you'd want to work on with a coach?

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5. What's the obstacle or the hesitation that keeps you from getting started?

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6. What outcome would make our session a great success?

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7. If you trusted me as your coach enough to tell me how to manage you most effectively, what tips would you give?

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