



MVP Elite Coaching Questionnaire

MVPEliteCoaching.com

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- Name:
- Email:
- Address
- Birthdate
- Phone Numbers (mobile/home/office)
- Significant other(s)/relationship

WHERE YOU ARE AT TODAY...

- What feels really good about your life right now?
- What's working really well in your life?
- What's not working in your life?
- How is that impacting your business?
- How is that impacting the relationships closest to you?
- How is that impacting your vision for the future?

2021 COACHING GOALS

What do you want out of coaching?

Where do you feel you need the most guidance?

What do you want out of coaching?

How will you know you are achieving it?

What will that outcome do for you?

1. What is your goal for this year?

- A. Why is the goal important to you?
- B. What will that do for you?
- C. Why is that important to you?
- D. What will that ultimately do for you?

2. Are you willing to do whatever it takes in order to achieve these goals?

3. If something were to get in your way of having a successful outcome, what might that be?

4. Who do you have in your life that will support you with these goals?

TRANSFORMATIONAL GOALS

1. What specific outcomes have you identified for yourself as it pertains to this position over the next 3-6 months
2. Do you have any other specific outcomes that your organization or someone else have given you
3. What do you believe your strengths are in reaching your outcomes
4. What are your current challenges in your position or in any other part of your life?
5. How do these challenges impact your performance?
6. What challenges have you had in the past that are similar to these?
7. In the neurosciences, it is actually been shown that the brain will hold on to patterns of behavior because you are getting some type of payoff (this may be unconscious), can you identify what payoff you get from holding on to your challenges?
8. If nothing changes, what is likely to occur?
9. How do you feel over-all, physically, mentally, emotionally?
10. What structure do you have in place to deal with stress in your life?

11. Naturally, you understand that for any of us, as human beings, in order to create different results in our business/lives and increase our performance, it requires us to look at what's occurring from a different perspective, entertain different ideas, and/or approach it differently. Based on the questions below, please provide a number on a scale of 1-10 as it pertains to your business. 1 being not sure and 10 being absolutely sure. . .

Do you know what to change?	_____
Can you recognize that change is required?	_____
Do you desire to change?	_____
Do you know how to change?	_____
Are you aware of the obstacles to change?	_____
Are you confident about making changes?	_____
Are you ready to change?	_____
Are you willing to be uncomfortable in the change process?	_____
Are you open to accepting help in the change process?	_____

PHYSICAL AND MINDSET

- How does your inner voice/limiting beliefs sabotage you?

- What do you do to renew your energy? How regularly do you do things that make you feel rejuvenated?

- If anything was possible for you and you had no constraints, where do you see yourself in 5 years? (GK- you can be whoever you want and have whatever you want within 5 years)

- What's missing from your life that you can't let go of?
 - The thing you want to have happen or keeps tugging at you; wanting you to acknowledge it and give it time.

- What is something you want to tell me that you haven't yet?
 - A question or area you hope I won't ask you about, but secretly, you want me to?

- How would you like to feel in three months' time?
 - Dig in deep here it may be something we can work on together. You want to feel....?

- How is your overall health and fitness?

- What are your current workout routines?