



MACKENZIE & WELSH, LLC

Your Pondering Sheet

As your coach, it is helpful for me to understand how you view the world in general and yourself in particular - each person has a unique way of thinking and interacting with those around them.

These are 'pondering' questions designed to stimulate your thinking and to make our work together more productive. It is helpful if you take a quiet moment to enjoy composing your responses to these questions so please answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. A SHORT answer – a couple of words or sentences are usually enough.

And if there are any questions you do not feel comfortable answering, simply do not fill them in!

1. What do you consider to be your role in the world you live in?
2. If there was a secret passion in your life, what would it be?
3. If there was something you were avoiding or running away from, what would it be?
4. What motivates you?
5. How do you tend to sabotage yourself?
6. What is missing in your life? What would make life more fulfilling?
7. What is your dream?



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8. Do you believe in God, the concept of a higher power or some other reference point? How does this fit into your life?

9. What does success mean to you?

10. If you could have anything in the world what would it be?

11. What do you want the rest of your life to be about?

12. What do you want to get out of coaching?

13. What tips would you give to me, in order that I may manage the coaching relationship most effectively?

14. How rigorous do you want me to be as your coach?

15. How do you best learn? What is your learning style?

16. How specifically do you release stress?

17. How do you enjoy yourself?



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18. What do you do to look after yourself on a regular basis?

19. What do you think are your weak points in life?

20. What are your strong points?

21. When were you happiest - and - unhappiest in your life? What made it so?

22. If there was something you had given up on in your life - what would it be?