

The purpose of these questions is to illuminate me about you! Please

take some time to answer them. Feel free to use as much space as you like. Once complete, send to me at info@dedearmstrong.com .					
1.	What are your hopes for this coaching relationship?				
2.	What are your strongest beliefs about yourself and the world?				
3.	What wisdom has come out of your greatest life lessons?				

4.	When in your life have you felt the most serene?
5.	What would you say is your biggest challenge right now?
6.	How would you define your success regarding present circumstances?

7	What	energizes	vou?
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8. How might you sabotage your own success?

9. What do you want me to do if I notice sabotaging behavior?

10. Tell me about your support system? Are you searching for deeper connection?

11. Anything else you'd like to add?