

Opening Questions

Today's Date: _____

Name: _____

How did you hear about Overcoming Gravity? _____

On a scale of 1 to 10, with ten being the highest, please evaluate yourself:

I am satisfied with my life _____ (1 - 10)

I am satisfied with my health _____ (1 - 10)

I am satisfied with my financial situation _____ (1 - 10)

I am satisfied with my personal relationships _____ (1 - 10)

What are your three most significant accomplishments?

1. _____

2. _____

3. _____

What are your three most significant disappointments?

1. _____

2. _____

3. _____

Describe your top three strengths.

1. _____

2. _____

3. _____

Describe your most aggravating weakness.

I am happiest when I am:

1. _____

2. _____

3. _____



Opening Questions

I feel lowest when I:

1. _____
2. _____
3. _____

How would you describe your state of health?

How would you describe your state of well-being?

If I could do anything, I would...

Describe any goals or desires you have yet to fulfill:

What has kept you from achieving your goals or desires?

1. _____
2. _____
3. _____

People like me because I:

Other things I'd like you to know about me:

The single most important thing I want to accomplish though coaching:



