



would like to give you more energy and direction!

*From the website - As a “ Design Your Life” coach I learned (from [Nic Rixon](#)) the importance of brainstorming answers to the following:-*

*What do you want to BE?*

*What do you want to DO?*

*What do you want to HAVE?*

*(Tip: if you cannot think of anything then consider What do you **not** want to be? What do you **not** want to do? What do you **not** want to have? Chances are you've been thinking about those so much, they are with you all the time! What is the opposite of those things? Keep asking yourself during tomorrow or the next week and relax; your brain will give answers in it's own good time!)*

The following 3 pages of questions are designed to help you get insight to these 3 big questions. [If you find it difficult to motivate yourself to do this, please relax, set yourself a fixed amount of uninterrupted time (suggest 5 minutes) and do what you can in that time, stopping at exactly the time set. Congratulate yourself (, perhaps give yourself a reward) and then reflect on what you've achieved and how you feel about carrying on.]

If you're still struggling, it can be helpful to talk through these with Shirley.



Client history

Name:

Date:

What have been your 3 most fulfilling accomplishments in life so far?

What has made you the most successful or powerful?

What were you doing the last time you had the 'time of your life'?

What has been the biggest thing you have had to overcome?

What has not been successful and what have you learnt from this?

What (or who) has influenced you most?

What personal issues have affected you most, if any?

What has been the most important thing in your life recently?

What has been the biggest problem in your life recently?

How have you been feeling about yourself recently?



Client present

Name:

Date:

Please write down the main focus areas that are important in your life at present.  
(About 8 items would be good. For example career, finances, family, health.....)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Which of these areas are causing concern at present?

Which of these areas is causing most concern at present?

What are you 'putting up' with at the moment?

What do you think you should be doing right now, professionally and personally?

What things are frustrating you about yourself, your life, your work, others?

What do you really want in your personal and professional life?



Client future

Name:

Date:

Have you ever set plans in your life? (How often?)

1. One week ahead?
2. One month ahead?
3. 1 year ahead?
4. 5 years ahead?
5. 10 years ahead?
6. >10 years ahead?

Do you like to set goals in your life?

If yes, why? If no, why not?

Have you any future goals set in your mind?

If so, please list below, with target dates

- 1.
- 2.
- 3.

If not, can you describe

- a. how you'd want your life to be in a year's time?
  
- b. what your ideal (realistic) achievement could be in 12 months?

Well done for getting this far!