*Take a few minutes to answer each question. Don't over think it. Just write what comes to mind and be honest. The more real and open you are, the more success you will have with this program. Please email your answer back to* [*lindsay@lindsaybuchancoaching.com*](mailto:lindsay@lindsaybuchancoaching.com) *before our first session.*

**What is going well in your life right now?**

**What is not going very well in your life right now?**

**What do you wish was better?**

**How are you feeling overall about yourself and your life? Why?**

**Write down five major events that have shaped your life.**

**What do you hope to achieve through coaching?**

**In one year, what do you hope will be different as a result of the work you do here with me?**

**What would you like me to know about you?**

**Do you have any questions for me in our first session?**

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