

HEALTHY WEALTHY AND WISE™ COACHING PROGRAM

Getting Started QUESTIONNAIRE

1. WHAT DO YOU WANT TO ACHIEVE? BE SPECIFIC.

Financially

Emotionally

Physically

Spiritually

Professionally

In Relationships

2. LOOK BACK AT THE GOALS YOU JUST IDENTIFIED.

Now imagine that each goal has already been achieved. It is now [date] and you are now [goal], what does achieving these goals mean to you?

Be Specific: How do you feel? What does it look like? What do you hear?
Please address each goal.

3. INTANGIBLE GOALS (E.G., *MORE SELF-ESTEEM, MORE CONFIDENCE, ETC.*):

How will you know when you achieve each goal?

What will you need to see, hear, and feel?

(For tangible goals, you may go directly to Question 4)

4. HOW DOES ACHIEVING EACH OF YOUR GOALS IMPACT ALL THE OTHER ASPECTS OF YOUR LIFE?

1.1.1 When answering this question, please include family and other relationships.

Financially

Emotionally

Physically:

Spiritually

Professionally

In Relationships:

5. WHAT HAS PREVENTED YOU FROM ACHIEVING THESE GOALS IN THE PAST?

**6. WHAT SKILLS, TOOLS AND OTHER RESOURCES DO YOU CURRENTLY
HAVE THAT AIDED YOUR ABILITY TO ACHIEVE YOUR GOALS?**

7. WHAT SPECIFIC ACTION STEPS CAN YOU TAKE IN THE NEXT 30 DAYS TO
CREATE MOMENTUM FOR EACH OF YOUR GOALS?

Financially

Emotionally

Physically:

Spiritually

Professionally

In Relationships: