

*Sarah Bliss*  
*Your Path To Living An Extraordinary Life!*

**Business Coaching Services**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Contact Information (please include phone # and email address):

\_\_\_\_\_

When is the best time for you to meet with your coach?

\_\_\_\_\_

Please complete the following questions and return this form to  
623-321-6145 or [coaching@sarahbliss.com](mailto:coaching@sarahbliss.com)

1.) What is your major objective/outcome in working with a coach?

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\_\_\_\_\_

2.) What stops you from having this desired outcome now?

\_\_\_\_\_

\_\_\_\_\_

3.) What resources do you have in place now, which could support or contribute to you desired outcome?

\_\_\_\_\_

\_\_\_\_\_

4.) Is your time so tightly scheduled that you feel under pressure or stressed?

\_\_\_\_\_

\_\_\_\_\_

5.) How many hours a day do you think you engage in unproductive activities (does not just pertain to "work" hours, this includes negative self talk, destructive habits, etc)

\_\_\_\_\_

\_\_\_\_\_

6.) Do you have a hard time delegating or saying no?

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7.) How do you manage or set healthy boundaries?

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9.) Do you have a clearly written business plan for this year? If not, spend sometime jotting down a few ideas of what you'd like your business plan to be.

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10.) Do you have clearly written business & personal goals? Again, if not, spend sometime and jot down your goals.

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11.) Make an assessment of your current situation (i.e. what do you feel you are doing right/not right, what you feel you are lacking).

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12.) Tell me about your typical day, from the time you wake, until you go to bed:

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13.) Make a list of your top 10 clients, who you feel are most likely to refer you or help your business grow.

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14.) What are you doing for monthly contact with your current clients?

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15.) What kind of marketing are you doing?

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16.) What do you think or dream about when you lie awake at night?

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17.) Out of the 4 examples, which one would your best friend or spouse describe you as?

- 1.) Straight To The Point
- 2.) Social & Outgoing
- 3.) Steady & Dependable
- 4.) Cautious & Perfectly Accurate

18.) Complete the following Complete the following “Wheel of Life”. Fill in the percent of where you see your life now.

