

Ardea Coaching Client Inventory

Name:

Home Address:

Business Address:

Home Number:

Work Number:

Fax Number:

Email Address:

Birthday:

Key people in your life/relationship:

1) What are the three most important things you'd change about your life?

1.

2.

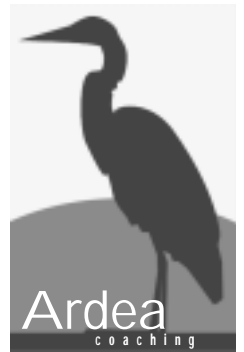
3.

2) What are the three most important things you'd like to achieve or change in the next three months?

1.

2.

3.



*Michael J. Coffey
Certified
Professional
Coach*

Helping people
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and live the life
of their dreams.

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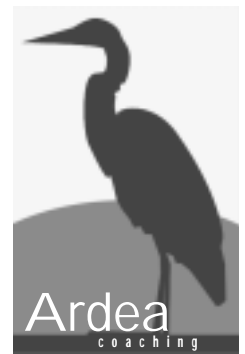
3) How will it feel to achieve them?

4) What was one of the biggest challenges in your life? How did you deal with it/get through it?

5) What achievement are you most proud of?

6) What motivates you? Rate each on a scale of 1-5 (5 represents something that *almost never fails* to get you into action, a 1 represents something that *almost always fails*).

- Nagging/scolding/lectures
- Guilt
- Competition
- Revenge
- Fear
- Shame
- Learning (class, workshop, how-to book)
- Spirituality/meditation/prayer
- Dares or bets
- Visualization, positive thinking, affirmations
- Getting lots of praise/acknowledgement
- Reincarnation (gotta get it right this time or you'll have to start all over)
- Positive pain (no pain, no gain)
- Negative pain (avoiding pain or discomfort)
- Rewards
- Help or support from buddies/team/friends
- Step-by-step plan/starting small
- Other: _____



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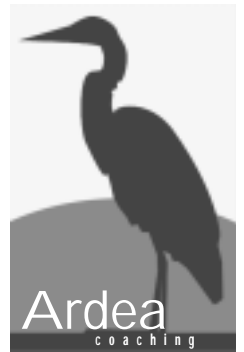
7) What do you want your life to be like in 5 years?

8) What does your ideal world look like (politically, socially, environmentally, etc)?

9) Coach's Role (what do you expect/desire from me?)

10) What are your life principles (what principles guide your life, decisions, and choices? These are usually stated as phrases or as a motto, such as "live life to the fullest".)

11) What are your key values (What do you value? These are usually stated as abstract nouns like "freedom" or "connection" or "respect".)



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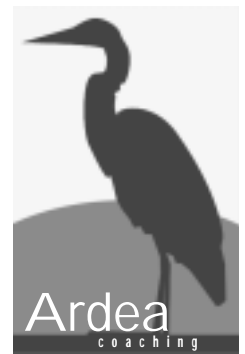
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12) List at least five of your personal strengths, or assets:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



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13) List at least five of your time wasters, excuses, etc.:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

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14) List at least five incompletions (items you need to complete in order to experience a sense of freedom, for example, clean a closet, balance the checkbook, communicate with someone, etc.) Please be specific.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

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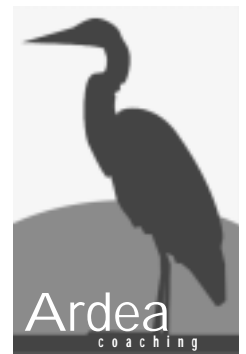
15) What are you committed to for your quality of life? What will you not compromise on?

16) Please rate your satisfaction (on a scale of 1 to 10 with 10 being absolutely satisfied, and 1 being not satisfied at all) for each of the following areas of your life. Feel free to rename the categories if other words work better for you:

- Vocation:
- Body:
- Play:
- Family:
- Significant Relationship:
- Spirituality:
- Friends:
- Home:
- Prosperity:
- Service:

17) I sometimes refer to my “Woo Woo Scale” to help me get a sense of the kinds of language and beliefs clients are comfortable with. The low end of the scale (a 1 or 2) refers to a comfort level with the here-and-now, real-and-measurable world. The stereotypical scientist and accountant would fit here. The high end of the scale (4 or 5) refers to a comfort level with things spiritual, intuitive, magical, alternative, or “new age.” The stereotypical mystic or spiritualist would fit here. The middle of the scale (3) I like to characterize, as “There’s probably some stuff out there that we don’t understand how it works, but I can’t say what it is specifically.” What would you say your “Woo Woo Scale” number is?

18) Is there anything else you would like to address or express? (Attach more pages if you need more room.)



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