



## Questionnaire

What are the biggest goals you want to achieve in the next 12 months?

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Key business/lifestyle changes you would like to implement/achieve?

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What support would you like to hire for your business this year?

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What is the vision you have for your life i.e. the final destination or achievement, as you see it today?

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What is the key outcome you would like to achieve from this coaching? *(Please do not hold back on this question. Make your outcome so big that if you were to achieve it, your decision to receive coaching from Serena Sandstrom would be the single most important decision you ever made in your life.)*

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Please describe your current dilemma:

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What is your top tangible results you have achieved in your journey to date?



Your list size and Facebook likes, other social media stats that you use?

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Briefly describe your personal life:

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What have been your greatest accomplishments?

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What have been some achievements other people have achieved that you admire?

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How have you overcome a challenge or difficulty in your life?

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What major transitions have you had in the past two years? (*i.e. entering or approaching a new decade of life, a new relationship, a new job, a new role, a new residence, changes in children's ages/ stages of life, separation, divorce, death of a loved one, birth of a child, marriage etc.*)

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Do you have repeating patterns/habits in your life you would like to change?



What in the life that you are living, business or personal, is not fitting in with who you are?

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What are your strengths and greatest attributes?

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What do you value most in life? And what about career?

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What do you always find time for?

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If you had all the money and resources needed, what would you be doing with your life?

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What would you regret not doing, having or becoming in your life?

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Describe your life exactly the way you want it to be in 2 years from now. Please write this in present tense (I Am...) and use only positive phrases (I'm in a loving relationship i/o I'm not single). Be very specific and don't hold back. This part when finished should fill the whole page!

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What would you like to contribute to the world?

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