



Welcome to the start of your Consciousness Coaching® journey!

The purpose of this questionnaire is for you to start reflecting on your achievements to date, what you have done, and not done and what you really want to create going forward using these coaching sessions. In the first session we will create a powerful coaching cycle agreement and that process is supported if you have taken some time beforehand to ponder on where you are in your life and what you really want to start creating now.

Please submit this form at least three days before you wish your first coaching session to commence.

Please complete and email to coach@sibylle.co.za or bring to your first coaching session.

Your Details

First Name: _____

Surname: _____

City: _____

Country you live in: _____

Nationality: _____

Date of Birth: _____

Business Phone: + () _____

Cell Phone: + () _____

Email Address: _____

If you have this information, it is useful:

Your Enneagram Type: _____



SIBYLLE SHARON

CONSCIOUSNESS COACH AND TRAINER | TIME TO THINK FACILITATOR
IEQ9 ENNEAGRAM PRACTITIONER | YIN YOGA TEACHER (YAI)

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Your Goals

Take a moment to think about what you most want to achieve, and then answer the questions below.

What are the three biggest changes you want to make in your life in the **next 3 months**?

1 _____

2 _____

3 _____

What are the three biggest changes you want to make in your life in the **next 3 years**?

1 _____

2 _____

3 _____

What do you most want to achieve? What does successful coaching look like for you?

Are you ready to commit to doing the work necessary to shift? _____

Your History

What would you say have been your 3 greatest accomplishments to date?

1 _____

2 _____

3 _____



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What has been the hardest challenge in your life that you have had to overcome?

Who are or have been your major role models?

Have you worked with a coach before or a similar one-on-one adult relationship (e.g. tennis coach, piano teacher, or therapist)? Please give brief details.

If you said yes to the above, what worked well for you and what did not work in the relationship(s)?

What major transitions have you had in the past two years? Entering or approaching a new decade, a new relationship, a new job, a new role, a new residence, change in children's ages/stages, etc.?



Improvements

Please list any improvements you would like to make in the following areas of your life.

Family/Home Life: _____

Financial Situation: _____

Career or Business Life: _____

Personal Character: _____

Relationships: _____

Leisure Time: _____

Self-Care: _____

Learning: _____

Your Life

Who are the key people in your life and what do they provide for you?

Is your life one of your choosing? If not, which parts are being chosen for you?

What is your favorite part of your typical day?



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What is your least favorite part of your typical day?

Looking at the past six months of your life, do you like the direction your life is moving in?

On a scale of 1 to 10, 10 being high, rate the amount of stress in your life right now .

1 2 3 4 5 6 7 8 9 10

What stresses you most?

List five things that you are tolerating or putting up with in your life at present. (examples: info. you can't find, clutter, rude friends, poor lighting, tight shoes, dented car, job dissatisfaction, dead plants, broken equipments, old appliances, etc.)

1 _____

2 _____

3 _____

4 _____



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Yourself:

List five adjectives that describe you at your best.

1

2

3

4

5

List five adjectives that describe you at your worst.

1

2

3

4

5



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What are your 3 major concerns/fears about yourself?

1 _____
2 _____
3 _____

What are your 3 major concerns/fears about life?

1 _____
2 _____
3 _____

What motivates you?

What are you learning/accepting about yourself at present?

On a scale of 1-10, 10 being high, rate how much you “people please”?

1 2 3 4 5 6 7 8 9 10



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On a scale of 1-10, 10 being high, rate your level of confidence.

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, 10 being high, rate your level of self love.

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, 10 being high, rate the amount you take things personally.

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, 10 being high, rate how stuck you feel.

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, 10 being high, rate how well you can put boundaries in place.

1 2 3 4 5 6 7 8 9 10



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Coaching You

What would you like me to do if you fall behind on your goals?

How will you know when you are receiving value (i.e. your money's worth) from the coaching process?

What types of approaches discourage you or take away motivation?

Do you enjoy self-assessments and improvement programs?



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Below are different ways in which coaching clients work with me. Put these in order of what you want most out of our coaching partnership, with **1 being the highest and 8 being the lowest**.

- Brainstorming strategies together
- Support, encouragement and validation
- Insight into who you are and your potential
- Exploring and removing blocks and obstacles to your success
- Accountability; checking up on goals
- Spiritual impulses / mentoring
- Designing action steps
- Directness; asking hard questions; challenging you to move forward

Potential and Possibility

Do you have a personal or professional vision? If so, what is it?

What would you like to contribute to the world?



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What do you think is NOT possible to achieve in your lifetime that you wish you could?

What is a dream or goal you have given up on?

What part of yourself, if any, have you given up on?

On a scale of 1 to 10 with 10 high, rate the quality of your life today?



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If you reach the age of 95 **and continue to live your life and order your time the way you are right now**, what regrets do you think you will have? Do not include things from the past, only things you will regret if you carry on your exact present path. (tip: complete the statement “I wish I had...”)

Thank you for taking the time to fill out this form. Your Coaching is about to start. Please send the form to me 3 days before your first coaching session.

Much love and support to you on this journey,

Sibylle Sharon
Consciousness Coach and Trainer
Time to Think Coach and Facilitator
iEQ9 Enneagram Practitioner
Yin Yoga Instructor (YAI)



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