



CoachStation Self-Awareness Questionnaire

1. What are you most passionate about? Why?

2. What is your purpose in life – what do you want to be known or remembered for?

3. For your life to be ideal, what would need to change?

4. What are you currently enduring, tolerating or feel you are putting up with?

5. What would you attempt to do right now if it was impossible to fail at it?

6. What period of your life have you most enjoyed? Why?

7. What period of your life have you least enjoyed? Why?

8. Describe a recent situation that you would like my advice on how to handle for now or next time?

9. What are your core personal values? List as many as you can.

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

10. What are your three greatest strengths?

11. What are the three biggest areas of your life that you would like to improve?

12. If you had a budget to get any one thing to make you better at your job, what would you want?

13. What is your favourite part about being a manager and leader? Why?

14. What is your least favourite part about being a manager and leader? How do you manage this?

15. What one thing could I do as your coach to best support and work with you?

16. What questions would you like to ask me during our first coaching and mentoring session?

