



How to take control and live the life you want with 7F Words™

If it was your last day on Earth,
would you be doing something different?

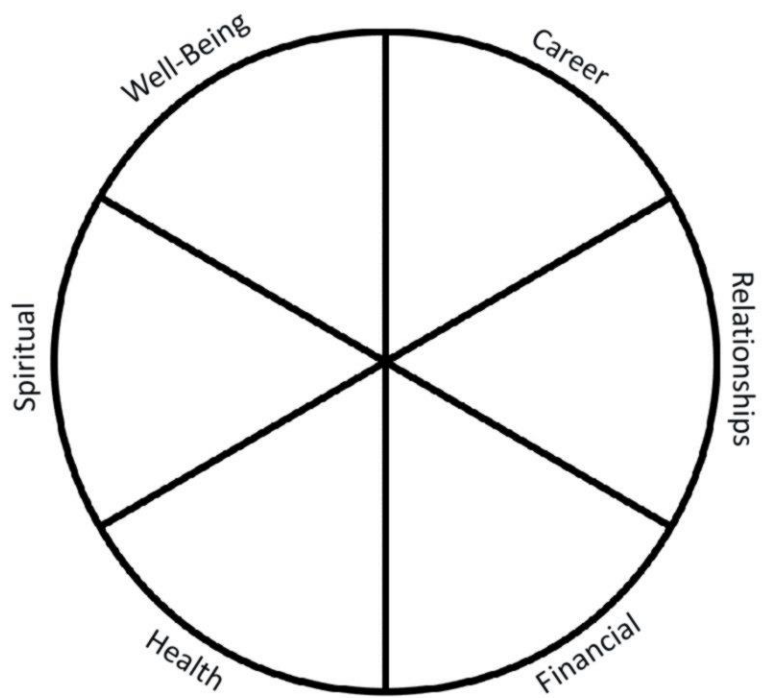
7F Words™ Vision Statement Questionnaire

One of the first things I find most valuable in my coaching process is getting a clear understanding of your goals and objectives. I want to know where you want to end up and what your life will be like when you have achieved success. To accomplish this, I would like to talk through each of the six categories we discussed earlier (Circle of Individual Perspective). How does that sound?

The categories are Career, Relationships, Financial, Health, Spiritual, and Well-Being.

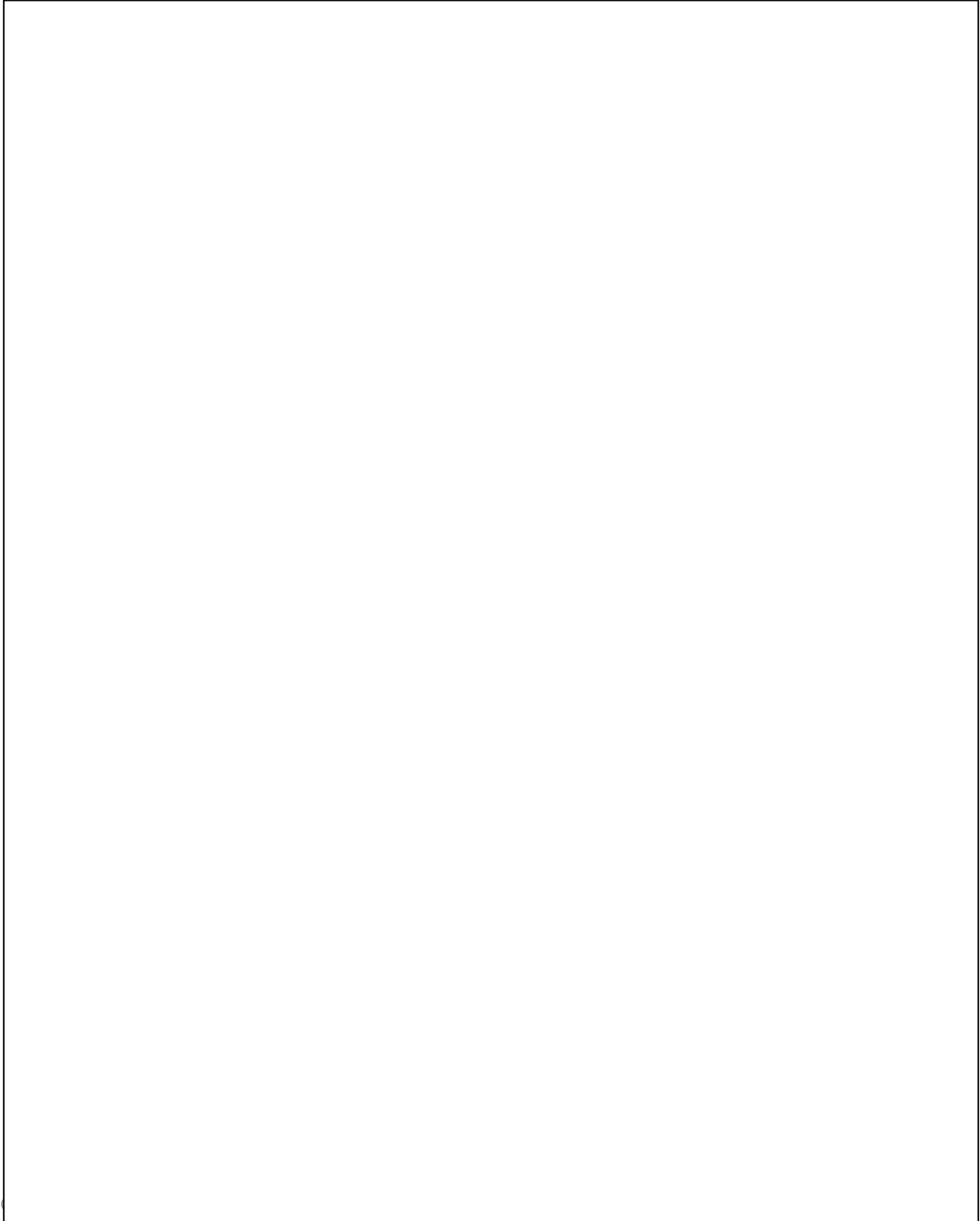
Where would you like to begin?

Ask each question for all six categories.



Categories - *Career, Relationships, Financial, Health, Spiritual, Well-Being*

1. *What are some of the most immediate/most pressing/most important goals you would like to achieve with this coaching experience?*

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Categories - *Career, Relationships, Financial, Health, Spiritual, Well-Being*

2. *What will achieving these goals mean to you? How will you feel? What will it look like? What will you hear?* [Listen for your client's personal prose.]

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Categories - *Career, Relationships, Financial, Health, Spiritual, Well-Being*

3. *What will happen or be different once you have achieved these goals? What will you see, hear and/or feel?*

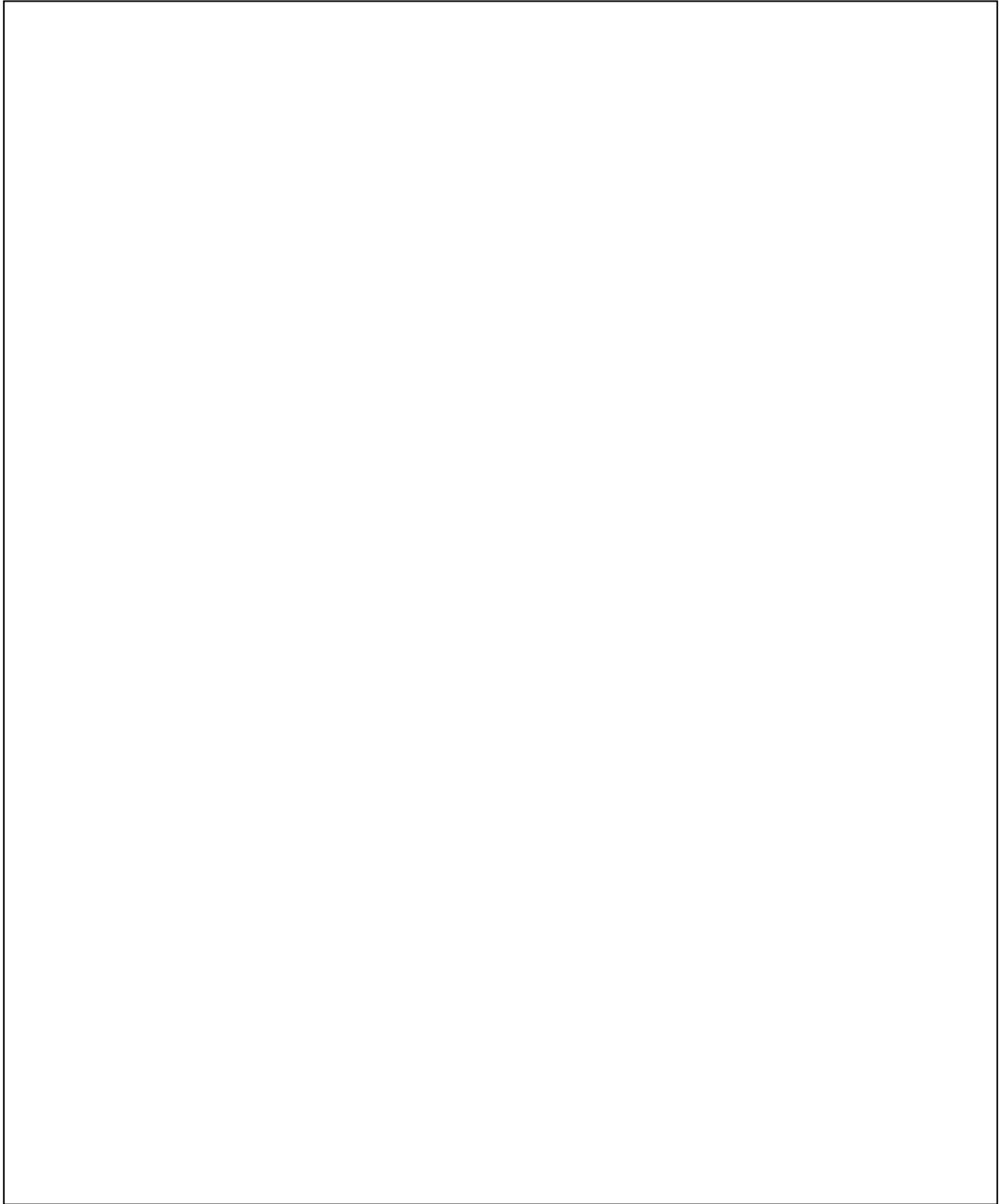
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4. *Who do you want/need to help you accomplish these goals?*

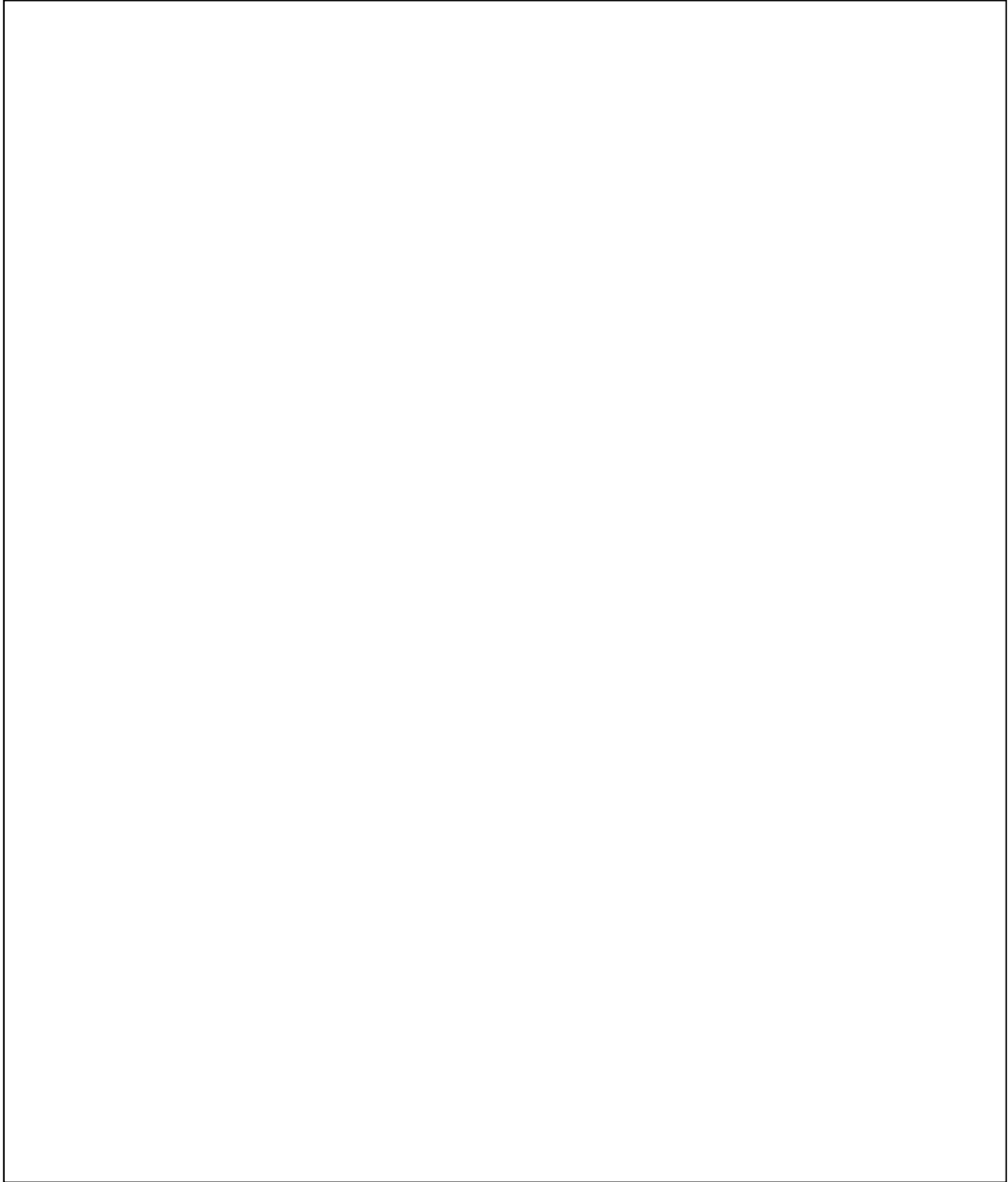
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5. *What actions must be taken to achieve these goals?*

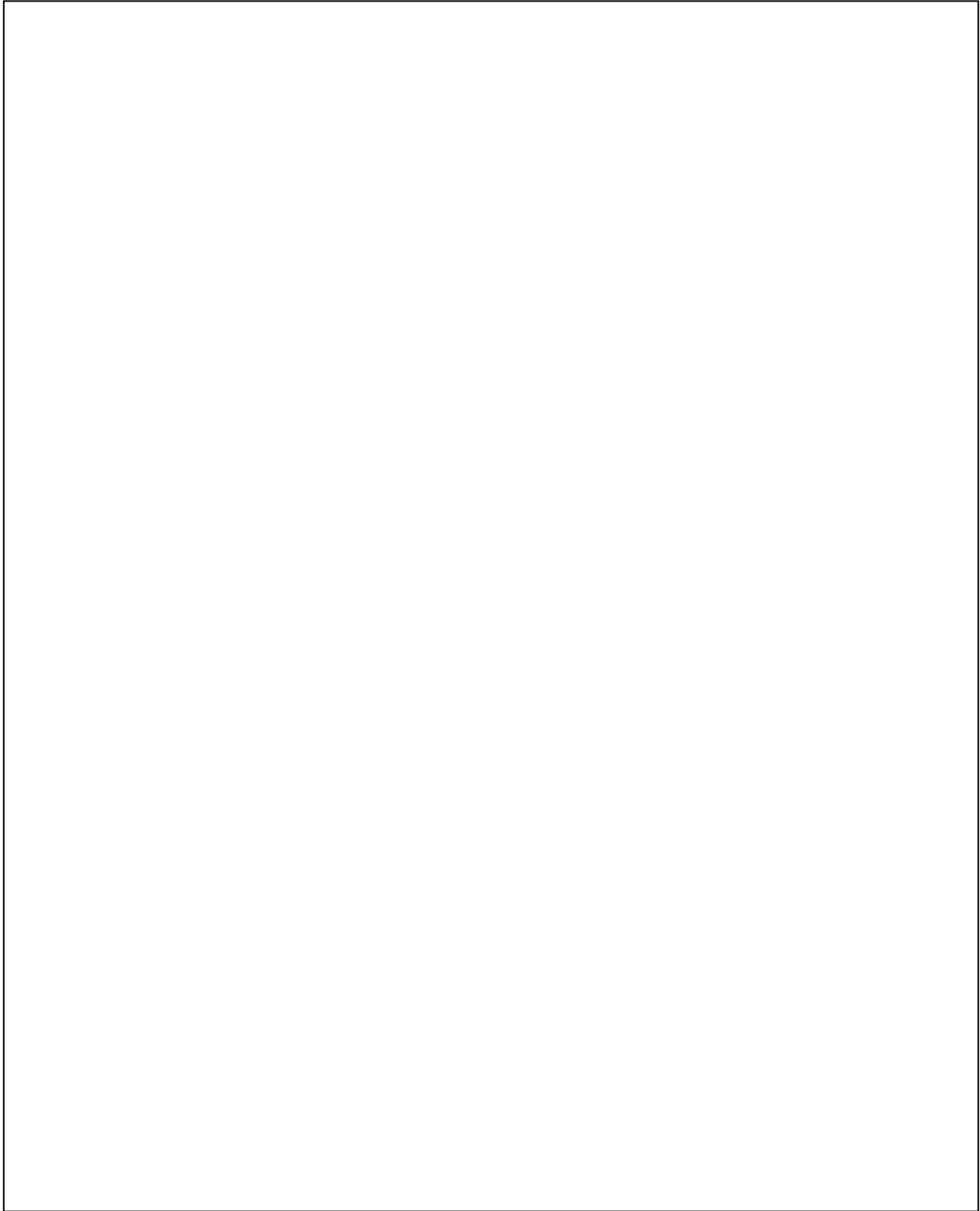
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Categories - *Career, Relationships, Financial, Health, Spiritual, Well-Being*

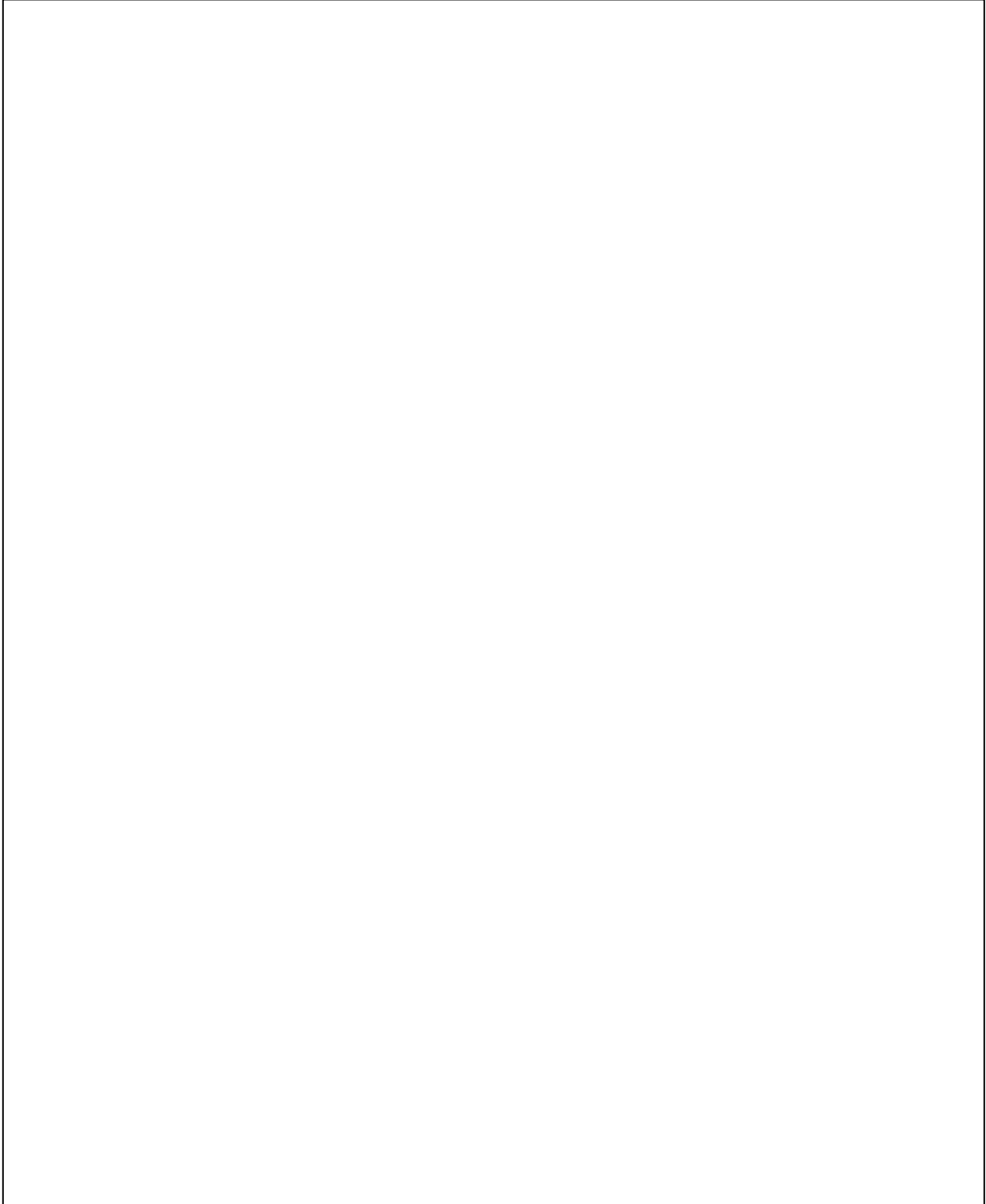
6. *When do you expect to achieve these goals? When you achieve these goals what will be the impact on other aspects of your life?*

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7. *Do you foresee anything that has already or could get in the way of achieving this goal?*

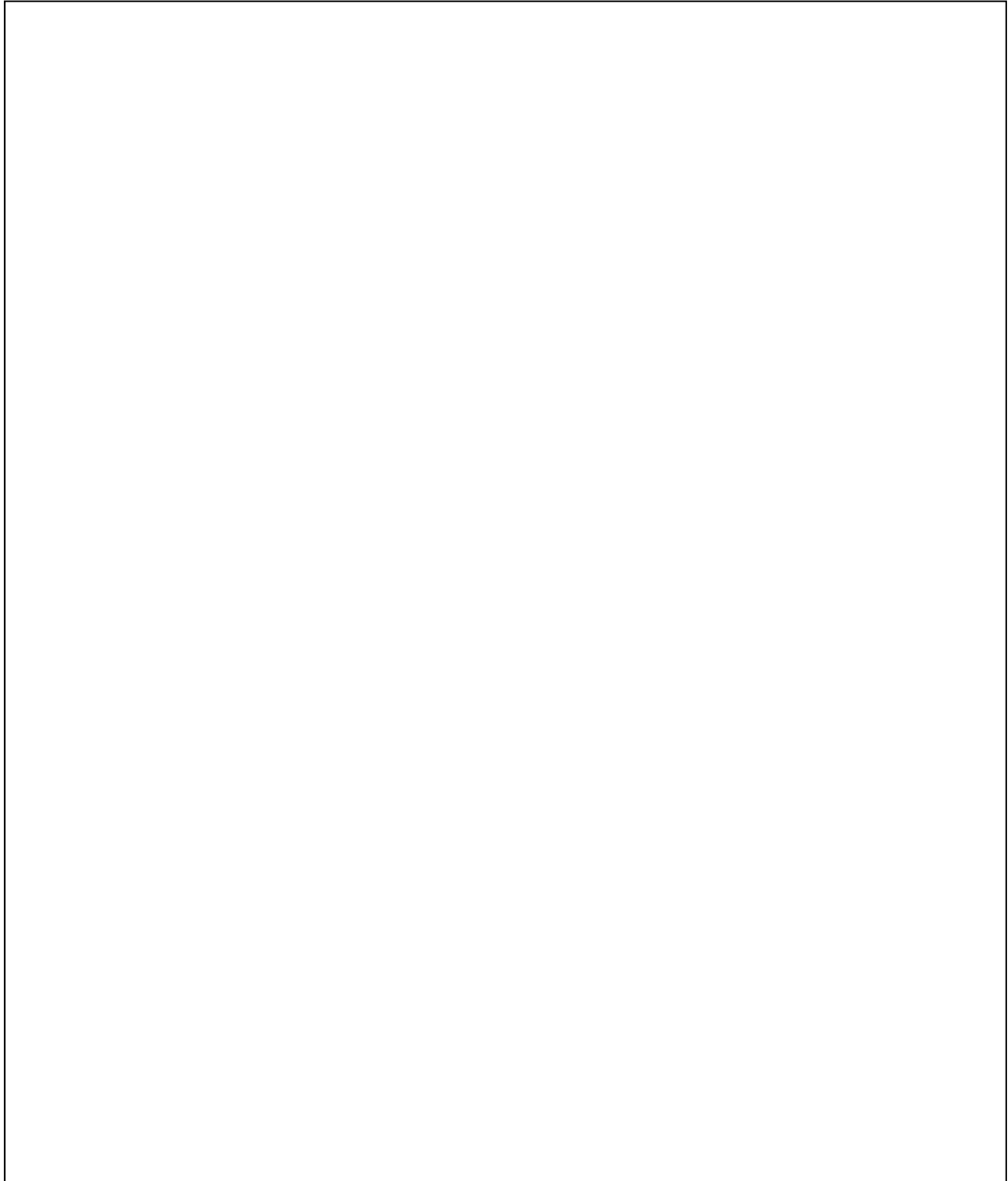


8. *What skills, tools and resources do you have already that will help you achieve this goal?*



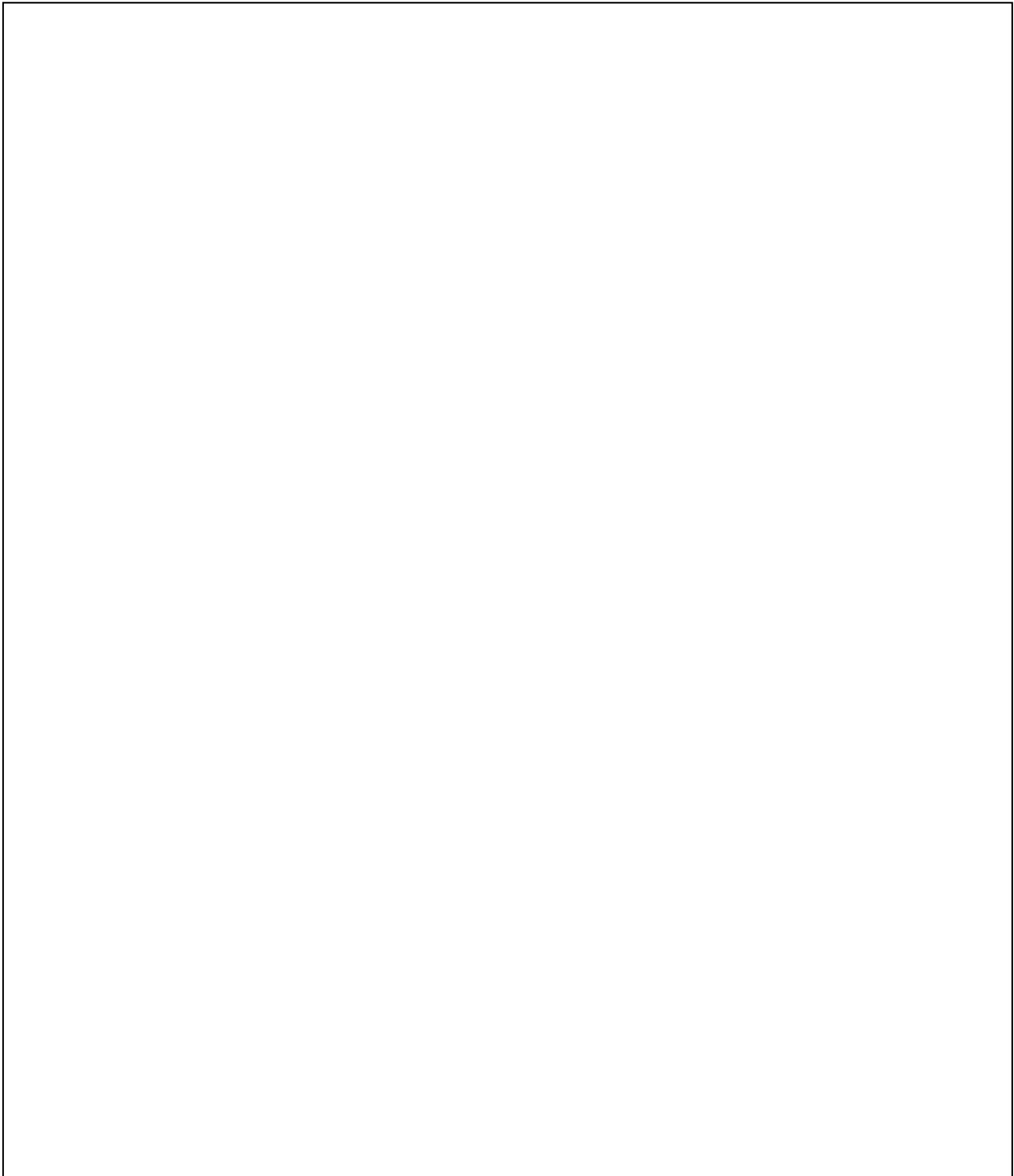
Categories - *Career, Relationships, Financial, Health, Spiritual, Well-Being*

9. *What additional tools/skills/resources will you require to achieve these goals?*

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Categories - *Career, Relationships, Financial, Health, Spiritual, Well-Being*

10. *What action steps will you take to ensure you achieve these goals?*

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