

# Mark Hollenstein

Transformation Coach

[www.markhollenstein.com](http://www.markhollenstein.com)

415.902.1080

## **Individual Client Interview**

As a coach, it's important for me to understand how you view the world in general and yourself in particular. Each person has a unique way of thinking and a unique way of interacting with those around him or her.

Answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These are "pondering" questions designed to stimulate your thinking in a particular way that will make our work together even more productive. It may take several days to compose your responses to these questions but probably not more than 45 minutes to write.

This is just the beginning and a good starting point; so don't worry about getting it "right".

Thank you for your honesty and trust.

1. What accomplishments must, in your opinion, occur during your lifetime so that you will consider your life to have been satisfying and well lived, i.e. a life of few or no regrets?
2. If there were a secret passion in your life, what would it be?
3. What do you consider your role to be in your local community? In your country? In the world?
4. If you could devote your life to serving others and still have the money and lifestyle you need would you do it? How would it look?

5. If you trusted your coach enough to tell him how to manage you most effectively, what tips would you give him?

6. If you had a five-year goal and you had the continuing services of a coach to help you make it happen, (and money were not an issue), what would that goal be?  
What difference would working with a coach make?

7. What's missing in your life? What would make your life more fulfilling?

8. Do you believe in God or in the concept of a higher power? If so, describe the most useful and empowering aspects of your relationship with God. If not, briefly describe your thoughts about God and/or religion or spirituality

9. List 10 Lifetime Wants:

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

8.

9.

10.

10. Ten things I am ready to handle now:

1.

2.

3.

4.

5.

6.

7.

8.

10.

11. Please describe your life purpose; what it is, how it impacts your day-to-day living and how you know it's the right one for you.

12. What else would you like your life coach to know about you?