



WARRIOR MIND TRAINING

A PERSON CANNOT BE CONQUERED FROM THE OUTSIDE
UNLESS THEY ARE DEFEATED FROM THE INSIDE

If you're new to coaching the best way to experience coaching is review the following and see if this is the right time for you to experience a shift in your life from coaching, particularly mental strength coaching.

Is This the Right Time for a Coach?

Having a coach in your life can speed up the process of obtaining what you want and make the journey of getting it much smoother. Having a coach will support you in becoming clear on what you really want and then getting it!

To discover how a coach might help you, complete the Discovery Form below. This will give you a strong base from which to explore if coaching will be useful at this stage of your life.

Complimentary Consultation

After you have filled out the form, set up a complimentary consultation with me. This way we can discuss what you discovered by completing the form and if we're a match. Even if you are not ready to hire a coach, this will give you an opportunity to explore the possibilities that are available to you right now.

To set-up a complimentary session e-mail this completed form to:

coach@warriormindcoach.com

I'll get back to you with some days/times that we can choose from.

Note: Please take your time with the questions, you may find some of them bringing up powerful emotions...that's OK, it means that there is something there that could require deeper investigation.

Warrior Mind Coaching Client Discovery Form

Name:

State:

City:

Age:

Occupation:

e-Mail:

Phone:

Skype: Y/N:

1) Rate yourself from 1 to 10 in each of the life areas. Ten being perfect, it can't get any better, one meaning lots of improvement is needed in this area.

- Health:
- Fitness
- Career:
- Money:
- Family:
- Peace of Mind:
- Fun:
- Spiritual:
- Relationship(s):
- Fulfillment:
- Other: _____

2) What is one thing you would like to achieve in the next six months that would make the biggest difference in your life?

3) If you could have more of one thing in your life, what would it be?

4) What are the top three things you are tolerating or putting up with in your life?

- Toleration 1:
- Toleration 2:
- Toleration 3:

5) How would your life be different if you no longer had the above tolerations?

6) To increase your enjoyment of life, what are the three key areas for you to focus on for your own personal development?

- Area 1:
- Area 2:
- Area 3:

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7) Write down one thing in your life you would like to have but don't have a clue how to go about getting it.

8) Assuming all human beings have some way of sabotaging their life, or holding themselves back, what would be your favorite method? (Check your favorite(s), write in any that are missing):

- Procrastination
- Indecisive
- Arrogant/The Need to be Right
- Not always telling absolute truth
- Acting as the "Lone Ranger"
- Tolerating
- Not saying "No"
- Not saying "Yes"
- Controlling life/people
- Following secondary* goals (*i.e. goals that won't ultimately make me happy)
- Other:

9) What would be the most valuable thing you would get from working with a coach?

(NOTE: You can 'copy and paste' this form into a Word Doc and then send it that back to me)

Are You Ready to Hire a Coach?

Circle yes or no to the below:

1. I am ready to do whatever it takes to reach my goals? **Yes/No**
2. I have the courage to start. **Yes/No**
3. I am willing to listen to the viewpoint of someone else? **Yes/No**
4. I am willing to invest in myself? **Yes/No**
5. I am willing to get out of my comfort zone & try new things? **Yes/No**
6. I am willing to make the commitment necessary to make the changes I am seeking? **Yes/No**
7. I am willing to commit to the process, knowing that change doesn't happen over night. **Yes/No**
8. I am willing to ask for support and accept the support I receive? **Yes/No**
9. I am willing to stop tolerating? **Yes/No**
10. I am ready to invest in myself? **Yes/No**
11. I am ready to put myself first in my life? **Yes/No**
12. I am ready to play BIG! **Yes/No**

Give yourself one point for every yes you circled and 0 point for every no your circled. Tally up the number of yes's and then the number of no's.

If you scored:

8-12 points: you're ready to make the investment and start to improve the quality of your life! Your commitment level is high and you will achieve much from working with me!

5-7 points: You are almost there. During our initial conversation you can begin discussing areas that are getting in your way and ask me to support you in removing those blocks so you can move forward and begin to create the change you want in your life.

0-4 points: Most likely you are not ready to hire a coach. During your initial conversation ask me for suggestions on what you could do to prepare yourself to begin the process of change.

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Congratulations on finishing these assignments☺. The simple fact that you DID complete both worksheets indicated that there is a desire for change.

Now it's up to you...do you really want a change and create the life filled with abundance? If so, e-mail the complete Discovery Form to me and we'll set-up a time to have a friendly conversation OK?

If you feel friends, family or colleagues would benefit from reflecting on and answering the questions in the Discovery Form, please pass this on to them...they'll thank you for it!

To Your Inner Strength,



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PS: If you'd like to take your journey of inner investigation further, I **strongly** recommend the assessments on the Authentic Happiness site:

<http://www.authentichappiness.sas.upenn.edu/Default.aspx>

I would start with:

- General Happiness Questionnaire -Assesses Enduring Happiness
- Brief Strengths Test - Measures 24 Character Strengths
- Satisfaction with Life Scale - Measures Life Satisfaction

I have taken these assessments and would be happy to discuss your results with you.