Part One: Lifestyle by Design Pre-Coaching Survey Assessment

Given the fact you are considering seeking a Nurse, Life, and Health and Wellness Coach, I assume you recognize that there needs to be change made in your life. The questions in this survey serve as a way for me to get to know you a bit before we begin our coaching relationship and engage in a journey to guide you to your best life. They also serve to motivate you to begin introspection, begin your own reflection, and raise your awareness about yourself as you are living your life, where you are now at this moment. There are no perfect answers to these questions, simply answer them honestly and authentically to the best of your ability. Please take some time to complete this survey. Your answers will help to guide our discussions and help give me a better idea of how I can most effectively and efficiently support you as your Nurse Coach. This relationship can offer many things such as gaining clarity on an issue(s), understanding yourself better, discovering what motivates you, gaining insight into who you are to pursue goals; defining new realistic goals and devising action steps and potential, and recognizing your barriers and choosing to address them, to name just a few valuable opportunities. I promise to offer you support and encouragement without judgment, a safe place for confidential discussion, to ask permission from you to ask honest hard questions and probe deeper when I recognize turmoil or a struggle in you, and give you direct feedback; I will hold you accountable to your goals and actions to achieve these. Thank you for completing this brief survey. I very much look forward to our working together and can't wait to get started!

1. Do you know what the main areas you would like to receive coaching support around? Have you worked with a coach before? If you already have clear goals, please indicate them here. Examples to answer this may be:

* Sorting out where my life is and what’s missing. Trying to determine what is next.
* Figure out “something better out there for me.”
* Work on my anxiety regarding …………. Please elaborate briefly.
* Forgiveness- or regret that weighs heavy on you. Please briefly share your concerns.

1. What are six 6 words that best describe you? What do you identify as your talents? Are these talents a successful foundation to promote your passion? Do these talents support you in living your best life?
2. What are your hopes, dreams, aspirations, intentions, ambitions or desires moving forward say 5 and 10 years from now? Something that is often a subject of “I wish”? What would you like to be different in your life? In what areas would you like to see the greatest change? Are you motivated to commit to these changes?
3. What are your hopes, dreams, aspirations, intentions, ambitions or desires moving forward, say 5 and 10 years from now? Something that is often a subject of “I wish”? What would you like to be different in your life? In what areas would you like to see the greatest change? Are you motivated to commit to these changes?
4. Perhaps you are aware you MUST make changes in my life but you have no idea where to where to begin. Share you experience with this anxiety regarding ………. Please elaborate briefly.
5. Tell me about, or are you aware of anything that has worked to help you cope or process change in the past.
6. Tell me about your support system, are there people in your life who believe in you unconditionally? What do they bring to or provide in your life?  Are there people who challenge you or frustrate you?
7. What approaches to hard discussion motivate you to continue the discussion rather than change the subject or close up? Tell me the best way to bring out your best.
8. What are three of your gifts and how do you apply these in your daily life? What inner qualities would you like to have more of? What inner qualities would you like to have less of?
9. What is your relationship with failure or disappointment? What do you learn from it?
10. Are you good at doing what you say you will do?
11. If you imagine your life purpose, what would it be?
12. Is there anything else you would like me to know before we engage in this coaching relationship and begin this journey together?
13. What results, specifically will indicate to you that coaching has been a success? What would make this experience extraordinary for you?

Part Two: Lifestyle by Design focuses on a whole person-centered comprehensive holistic assessment

1. Share a complete physical history: Indicate any/all medical diagnoses, you have whether recent acute events or chronic diagnoses you have and how you treat these (is this working for you). Are you compliant with the recommended treatment?
2. Are you experiencing any stressors that might exacerbate the ailment? Emotional concerns, issues that are notably increasing your stress?
3. Do you feel you have family and friendship networks that can offer you support at home?
4. Do you feel like your mental health and your ability to process and understand issues/events/concerns around you are having an effect on how you respond to the health issues and recommended treatment?
5. Do you believe in a higher being? If so, how do experience your faith? Does this practice impact your influence decisions on health conditions? Does it influence social interactions? Does your faith practice influence your life decisions in alignment with your core values?
6. Are there cultural beliefs or practices that influence your diet (for example restrictions on food choice, how food is selected/prepared, how food is consumed- where food is consumed/shared), social interactions- perhaps expectations for arranging relationships or social circle, ability to meet work expectations, daily habits, etc.?