

**Pre-session Worksheet**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Availability:             Mornings (8:30 am -11:30 am - AST)

Afternoons (12:00pm – 3:00 pm - AST)

Evenings (5:00 pm – 7:00 pm - AST)

What motivates or drives passion within you?

\_\_\_\_\_  
\_\_\_\_\_

How do you tend to sabotage yourself?

\_\_\_\_\_  
\_\_\_\_\_

How do you best learn? What is your learning style ([click here to find out](#))?

\_\_\_\_\_  
\_\_\_\_\_

How do you enjoy yourself and release stress?

\_\_\_\_\_  
\_\_\_\_\_

What do you do “to be good to yourself” on a regular basis?

\_\_\_\_\_  
\_\_\_\_\_

On a scale of 1-10 with 10 being the best, how would you rate how much you are currently enjoying your life and living your purpose?

**Pre-session Worksheet**

---

---

**Please answer these questions honestly and succinctly. Feel free to ignore any questions that you are not comfortable answering. This information is confidential.**

What do you identify as your strengths at work and in your personal life?

---

---

Which areas of your work and/or personal life would you like to improve?

---

---

What have you given up on at work or in life? (i.e. I will never earn a six-figure income, I will never lose this weight, etc.)

---

---

Identify the happiest time in your life. When was it? Why were you happy?

---

---

Identify the unhappiest time in your life. When was it? Why were you unhappy?

---

---

If you can have anything in the world, what would it be? Why?

---

---

What part of your life do you feel stuck (i.e. personal, career, ministry)?

---

**Pre-session Worksheet**

---

---

Can you identify things that prevent you from exceling in those areas (i.e. personal, career, ministry)?

---

---

What do you want the story line to be for the rest of your life?

---

---

What do you want your legacy to be (what will people emulate about you)?

---

---

**Goals: List your top 5 goals and why they are important to you.**

Goal # 1: \_\_\_\_\_

---

Goal # 2: \_\_\_\_\_

---

Goal # 3: \_\_\_\_\_

---

Goal # 4: \_\_\_\_\_

---

Goal # 5: \_\_\_\_\_

Is there anything else that you would like to share with me before our call?

---

---

Someone from our office will contact you to schedule your call. I am super excited to speak with you soon!

Alice Lightborne