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 **Taking Ownership of Your Life**

**What is working and what is not working in your life right now?**

**What do you like about yourself right now?**

**What do you want to change? (Personally, professionally,...)**

**What motivates you?**

**What are your talents, passions or gifts? Any that you want to improve, build off of or create more space for them in your life for?**

**What typically holds you back from making changes or going after what you want?**

**What do you want to let go of? (Disengage, forgive)**

**How do you deal with failures and mistakes?**

**What are your fears?**

**What do you want to accomplish by life coaching? Are you willing to bring your best and work as a co-creative team to make the shifts and changes needed?**

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