

SAMMIE HAYES COACH

Ten Big Questions

Please take the time to answer these questions. Use as much space as you want; write freely and without self consciousness. The purpose of these questions is to expand you! Email, or mail your responses to these questions.

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1. What are your strongest beliefs about yourself and the world right now? Do you want to update any of these?

2. What gifts do you have they you'd like to make available to the world?

3. When in your life did you feel most creative?

4. When in your life were you most committed to something/someone?

5. What are the greatest accomplishments of your life?

6. About what have you taken the strongest stand?

7. What is the most important lesson you have learned to date? What bit of wisdom would you share with the world now?

8. Where do you get your energy from?

9. How might you sabotage this coaching process?

10. How will you know how effective coaching has been for you?

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