



## ASTROCOACHING QUESTIONNAIRE

**Confidentiality:** I undertake to respect the confidentiality of our Astrocoaching session to the extent permissible by law. I will not at any time use information about clients for my own or anyone else's benefit. I will not divulge that I am in a coaching relationship with you, without your permission.

Name.....

Address.....

.....

Email.....

Land line.....

Mobile.....

1. Date of birth, 2. Place of birth and 3. Time of birth (3 things) .....

Occupation.....

How did you come by my details? .....

Have you ever experienced any form of coaching, counselling or astrology?

.....

Please answer the following questions to help clarify the kinds of issues you may want to explore using Astrology and Coaching.

1a) For each of the following areas in your life, how would you rate your life out of 10? (10 being you can't imagine it could possibly be any better)

Health  
 Finances  
 Personal growth  
 Fun and recreation  
 Partner/Relationship  
 Work  
 Family  
 Friends  
 Home/environment


1b) Given these scores, which two areas are you willing to improve over the next 6 months to make the biggest difference in your life? (Maximum 2)

Health   
 Finances   
 Personal Growth   
 Fun and Recreation   
 Partner / Relationship   
 Work   
 Family   
 Friends   
 Home Environment

2) What is the one goal (*target*) you could achieve by 6 months from now that would make a BIG difference to your life?

.....  
.....

3) If you could have more of **ONE** thing in your life right now, what would it be?

.....  
.....

4) What 3 things are you tolerating or putting up with in your life?

(1) .....

(2) .....

(3) .....

Which of these are you ready to handle? (Please tick)

5) Please write down one thing that you would like to have or achieve, but are not sure how you can have it.

.....  
.....

6) Assuming we all have some way of holding back or sabotaging our lives, how would you describe your method?

- Procrastinating (delaying)
- Being Indecisive
- Arrogance/being right
- Tolerating
- Controlling life/people
- Not saying 'No'
- Acting as 'Lone Ranger'
- Not saying 'Yes'
- Not always telling the absolute truth
- Following secondary goals  
(i.e. goals that won't ultimately  
make me happy)

Other.....

7) If you had a coach, what would you probably get from the coaching that would be most valuable to you? (3 maximum)

- Challenge
- Accountability
- Focus
- Support
- Inspiration
- Direction
- Sounding Board
- Ideas/Strategies
- Validation (reassurance)

Thank you. Please email or send this to Liz prior to your astrocoaching session.

[liz@beaonastrology.co.uk](mailto:liz@beaonastrology.co.uk)