



NEW CLIENT QUESTIONNAIRE

Welcome to the **New Client Questionnaire**! I know how exciting it is to be ready for personal coaching! This is your opportunity to begin an amazing journey of personal transformation and self-discovery. There is a reason you are here, reading this, at this very moment.

But, before we do anything together, it is important for me to know exactly where you are coming from. And, in the same way, completing this form will give you a great deal of clarity about where you are at right now. It's a form of self-audit or self appraisal and it is the **ideal entry point** to break down any barriers you may have.



To get started, it is best if you can set aside around 30 minutes to an hour to complete this worksheet.

The [New Client Questionnaire](#) sets yourself up for a benchmark starting point. Think of it like one of those before photos they might take at the gym – before your transformation. The key is to be unfailingly honest, open and authentic – I appreciate there is a tendency to self-censor – but the sooner you **get real** the better.

ONE. VISIONS AND GOALS

What business goals / lifestyle challenges would you like to achieve in the next 12 months?

What Vision do you have for your life – in 5 years – 20 years from now?

What is the key outcome or turning point you would like to achieve from personal coaching?

What aspect of your current life isn't fitting in with you right now?



TWO. CAREER AND BUSINESS

What is your current role / business?

Name your top two most important achievements / successes in your career / business

What is your social media following / email list size / any online metric you use?

What plans do you have for your career business going forward?

Nominate three famous people from business / life generally you admire and why.



THREE. PERSONAL

Briefly describe your living arrangements and relationship status.

Name your top two most important achievements / successes in your personal life / relationships

Have you overcome a challenge or difficulty in your personal life?

What major transitions have occurred in your personal life in the past two years?
(separation/addiction/death/weight change/mood episode/birth/illness/moving)

Your habits/ repeating patterns in your life that you would like to let go of?



FOUR. POTENTIAL

What are your strengths?

Name four personal values you really respect / rate highly?

What do you value most in life? What do you value most in business/career?

If money and resources were no barrier – what would you do with your perfect day?

What activity do you always make time for?



FIVE. BIG QUESTIONS AT THE END

What is your greatest regret – not having, becoming or doing in life?

What is your unique contribution to the world?

Take 5 minutes and describe your ideal life (using the present tense) in 5 years from today. Please use only positive terms and do not list what you don't have or do, just things you have or are.

WHERE TO NEXT

Once you have completed this questions and returned them to me, bren@brenmurphy.net I will grant you access to my exclusive [members online coaching portal](#).

It's a custom designed coaching app to keep momentum, flow and communication as we work together.

(Seriously, it's what sets my coaching apart from having messy email-tennis back and forth.)

You will experience firsthand how the [Bren Murphy personal coaching](#) method is *world's best practice*.

Go ahead, get started and let's begin your journey. In the meantime, join the conversation on Facebook and catch my latest videos on Youtube, and Twitter.

