

# Skip La Cour Coaching Questionnaire

Please answer these questions and then email the entire questionnaire to me at [skip@skiplacourcoaching.com](mailto:skip@skiplacourcoaching.com)

1. What do you most want to change today?

2. Have you tried to change this before?

3. What have you attempted in the past that didn't work?

4. Why do you think it didn't work?

5. On a scale of 0-10 how important is it for you to achieve change today? (*10 = I absolutely MUST change now!*).

6. What do you do as a job/career/business now? Are you happy with what you do and what you are able to produce?

7. Full Name

8. Email Address

9. Telephone Number (with Area Code)

10. Skype Address

12. Time Zone

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