



Heritage Coaching *Ten Big Questions*

The purpose of these questions is to expand your thought process regarding where you have been, and where you want to go, which will also help me to get to know you.

1. Tell me your strongest beliefs about yourself and the world we live in. If you are a spiritual or religious person, how does spirituality/religion relate to these beliefs? What does it mean to you to be spiritual or religious?

2. What gifts do you have to offer to the world?

3. Tell me about the most creative period of your life? How long ago was this?

4. Was there a period in your life when you felt most committed to something or someone?

5. What are the greatest accomplishments of your life?

6. What have you taken the strongest stand on in your life?

7. To date, what is the most important lesson you have learned? What wisdom could you share with the world?

8. What energizes you?

9. If you could sabotage this coaching process, how might you do that, consciously or sub-consciously?

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

Submitted by _____ Date _____