

TraderShark

# COACHING

Passion ~ Discipline ~ Persistence ~ Results

## Questionnaire

Please type your responses or print clearly and return to your coach.

<b>Name</b>	<b>Skype Name</b>	<b>Date</b>
<b>OUTCOMES</b>		
What are three (3) outcomes you want to achieve over the next three (3) months?		
What are the three (3) biggest changes you want to make over the next twelve (12) months?		
<b>PAST</b>		
What would you say have been your three (3) greatest accomplishments in trading to present?		

What is the most challenging thing or things you have had to overcome?  
(i.e. - entering a new career, new relationship, new stage in life, new job, new position, new residence, children challenges, spouse challenges, passing of a loved one, new child, etc.)

What are you willing to do to make changes to those challenges now? Why?

***PRESENT***

What is your trading environment like? Is it an area where you can focus without interruptions?

How is your physical health now? Your nutrition? Are there changes you believe will help with your focus on successful trading? Why or why not?

On a scale of 1 to 10, 10 being the highest, what number represents your current stress level?  
What are your primary stressors?

List three (3) things that you are tolerating or putting up with in your life at the present.  
 (i.e. – lack of sleep, information overload, rude people, poor lighting, tight clothes, car challenges, employees, dead plants, old equipment, etc.)

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**COACHING**

What would you like your Coach to do if you get behind on your assignments?

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What has to happen in order for you to know when you are receiving value from the Coaching process?

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What has to happen in order for you to get discouraged or takes away from your motivation?

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How can your Coach best support you in your Coaching experience? On a scale of 1–10, 10 being most important, identify your level of importance. Use each number only once:

Brainstorming Strategies	Helping Design a New Trading Plan
Encouragement, Validation	Removing Obstacles or Blocks in your Life
Accountability; Holding you Accountable for your Assignments	Self-Improvement Potential
Supporting your Trading Plan	Future Outcome Projection
Strategy Performance	Challenging you! Asking Hard Questions to Maximize the Abilities You Possess

**POTENTIAL**

Do you have a vision for the future for yourself?

What would you like to contribute to others?

What part of yourself, if any, have you given up on?

On a scale of 1 to 10, 10 being the highest, rate the quality of your trading today: Explain...

On a scale of 1 to 10, 10 being the highest, rate where you want the quality of your trading to be in the future?

After completing your responses, return to your coach at [coaching@tradershark.com](mailto:coaching@tradershark.com)