

Relationship Coaching Topic Checklist

Name:

On the following checklist, please mark the topics on a scale of 1 - 10, with 1 being of low interest to you and 10 being of high interest to you, for your coaching sessions. If something important is not listed, add it to the list and mark the scale accordingly. This will help structure and focus your coaching conversations moving forward.

moving forward.										
	LOW									
	1	2	3	4	5	6	7	8	9	10
1.I am very happy with my current relationship.										
2.It is easy for me to express myself in my relationships.										
3.I believe that one can find true love.										
4. In my current relationship, I have a lot of self-confidence.										
5. I am in a healthy relationship.										
6. There are things I need to improve in my relationship.										
7. I have resources to use when my relationship is in trouble.										
8. A life coach can help me improve my relationship with my partner and other people in my life.										
9. In my current relationship I trust my partner completely.										
10. In my current relationship there are things I need to change.										
11. I need my partner to change some things in our relationship.										
My communication with my partner and others could use some improvements.										
13. In my relationships I have difficulty with conflict.										
14. I would like more intimacy in my relationship with my partner.										
15. Finances are an ongoing struggle in my current relationship										
16. I have difficulty forgiving others when they offend me.										
17: Other:										
18: Other:										