**Personalised Coaching Questionnaire**

Please complete this and email it to me at tdgprivate@gmail as soon as you can.

I know it will take time to do, but you’ll get far more from the coaching as a result. :-)

**Your name?**

**What is your job/business?**

**How long have you been involved with Internet Marketing?**

**What websites, blogs etc. do you run?** List all here and identify which are running live and which are dormant.

**Do you own any domain names?**

If so list them for me.

**Have you written blog posts/articles?**

If so list the number of blog posts/articles written in the last 3 months?

**Email**

**Have you signed up with an email autoresponder service like MailChimp or Aweber?**

If so, which one?

If you have an email list…

what size is it (very roughly)?

how often have you emailed your list?

how have you grown it? E.g. solo ads, social media, etc.

number of people added in the last 3 months (very roughly)?

number of emails sent in the last month to the list?

**What are your monthly internet-related outgoings?** e.g. AWeber cost, hosting fees, newsletter subscriptions, monthly membership site fee, GoToWebinar account, Facebook closed group monthly fee, etc. List each one and approx cost.

**Technology owned**

Main computer (e.g. Dell PC bought in 2015, Apple iMac 2017)

Type of webcam?

Desktop mike (e.g. for blogging)?

Secondary computer (e.g. Sony laptop, 2010, Windows 95, 1gb RAM, 128gb hard drive)

Tablet (e.g. Apple iPad Air 2 with 16gb)

Smartphone (Samsung S3 32gb)

Tripod? Adapter to hold smartphone? Lights?

Other type digital video recorder?

**What else have you bought for your computer,** such as software programs like Camtasia or

ScreenFlow? Landing Page creation software? etc

**Videos recorded**

Have you ever recorded yourself on video?

If so, tell me more…

number of videos recorded (roughly)

number of videos recorded (roughly) in the last 3 months

**Skill levels**

For each of the following, rate yourself from 0 = no or very minimal experience, 1(rubbish) to

10 (excellent)…

Setting up a Wordpress site

Adding content to a Wordpress site

Adding a plugin to a Wordpress site

Sending out an email blast through AWeber/MailChimp etc

Setting up an autoresponder sequence in AWeber/MailChimp etc

Recording a video

Editing a video

Uploading a video to YouTube

Cropping photos

Adding mp3 audios to your smartphone (via iTunes etc)

Using the Evernote app

Changing values in a spreadsheet template and seeing the bottom-line changes

Tell me about your Internet Marketing skills, for example;

“I feel comfortable writing a blog post”

“I can write an email telling a story and linking to an affiliate product at the end”

(Do add any/all other skills you can think of)

**Products bought /seminars attended**

What personal development courses have you bought, or events attended? (e.g. Tony Robbins,

£497, Oct 2013)

What Internet Marketing courses have you bought, or events attended? (e.g. Sarah Staar’s

June 2015 workshop, £300; Nick James’s seminar, $997)

Free products used (e.g. Open Office, Audacity, Gimp)

How much do you/could you invest in your business on a monthly basis? (e.g. £500, £2,000, £5,000)

**Miscellaneous…**

What are you most proud of having accomplished? (e.g. I wrote a book; I got an award for…)

**Tell me a story or 2 of your success.**

How many stories have you typed or pasted into Evernote?

**Have you installed HabitBull on your smartphone/tablet?**

If so, what daily habits do you have?

What is your longest ‘streak’? (continuous days in a row of doing a habit)

**Tell me about any products you have created** (e.g. free pdfs, any ‘works in progress’, Kindle

ebooks)

Who do you know who has a list? (e.g. “I have met Neil Stafford and he said he was willing to

do a JV with me. I have a friend in the x forum, y meetup group who has a list of z people in ‘q’

niche.”)

**Whose emails do you open and read regularly or fairly regularly? (List as many as you can.)**

**How many non-fiction/business/personal growth books do you own in paperback/hardback?**

**How many non-fiction/business/personal growth books do you own in Kindle format?**

**What non-fiction/business/personal growth books have you read and rate highly?**

**How much time can you put aside a day/week consistently to grow your IM business?**

**What 3 challenges do you have with your online business?**

**What would you love to know / learn how to do by the end of 2025?**

**What would you love to know / learn how to do by the end of 2027?**

**If you could only get one thing from the coaching program, what would it be?**

If you could wave a magic wand, where do you see yourself in a year’s time: Feb 2026?

(e.g. “I’m making x a month revenue and x profit by doing y with a list size of z, growing my list by doing ‘a’ and working with JV partners like ‘b’ and ‘c’, etc.” Write as much as you want.

**What won’t you be doing in your business in June 2025?**

**On a scale of 1 to 10, how interested are you in creating your own product(s), such as a book, within the next 12 months?** If you are interested, what might you create? In what format?

**What problems have you solved, or have right now?** (considering each of these areas: money, career, personal growth, relationships, housing, health)

**What subjects fascinate you / what hobbies do you have or have had?** e.g. investing, knitting, football, trivia etc.

**What ideas do you have for a product or service?**

**What is holding you back from moving forward in your business?**

**What do you fear if you were to start or finish a product?**

**What have you outsourced so far, if anything?**

**What do you plan to outsource, if anything?**

**Anything you don’t want me to cover during the coaching?**

**What 3 burning questions do you want me to answer during the coaching?**

Use Kipling’s “6 honest serving men”:

what where when why how who

e.g. how can I… what is the best way to… when is the best time to…

(You can ask me as many as you want to)

Which movies have had the biggest impact for you? Why?

Which books have had the biggest impact for you? Why?

What did you learn from completing this questionnaire?

Any other comments/questions for me?

Finally, with all of the foregoing in mind, what is you eventual goal, your burning desire.