



LORRAINE D'AVERSA, MFT
Holistic Life Coach and Consultant

Reach Personal, Professional, Relational, Spiritual, Academic and Athletic Success!

YOUR COACHING ORIENTATION WORKSHEET

Personal/Family Information

Name:

Address:

Cell Phone:

Preferred Email Address:

Birthday:

Parents/Names/Ages:

Siblings/Names/Ages:

Other Family Members:

Gains, Successes and Challenges:

What else would you like to share:

Lifestyle Choices in Support of:

Mindset:

Movement:

Nutrition:

Gains, Successes and Challenges:

What else would you like to share:

Academics

Graduate School: Degree/Major/Years Attended/GPA:

College: Degree/Major/Years Attended/GPA:

High School: Degree/Major/Years Attended/GPA:

Gains, Successes and Challenges:

What else would you like to share:

Previous Athletic Experience/Gains, Successes and Challenges:

Previous Work Experience/Gains, Successes and Challenges:

YOUR VISION

Your Overall Goals: Short-Term; Mid-Range; Long-Term

Determine and name three to four short term goals; what you want to accomplish over the next three to six months?

1.

2.

3

4.

Determine and name three to four mid-range term goals; what you want to accomplish over the next three years?

1.

2.

3

4.

Determine and name three to four long term goals; what you want to accomplish over the next ten years?

1.

2.

3

4.

Complete the following thoughts, where applicable:

When you **think about your childhood** what *words and feelings* go through your mind?

When you **think about your teenage years** what *words and feelings* go through your mind?

When you **think about your early twenties** what *words and feelings* go through your mind?

When you **think about college and post-graduate school** what *words and feelings* go through your mind?

When you **think about your next personal chapter in your life** what *words and feelings* go through your mind?

When you **think about your next potential academic chapter in your life** what *words and feelings* go through your mind?

When you **think about your next professional chapter in your life** what *words and feelings* go through your mind?

What are the **ten things you most enjoy doing**? Be honest. These are the ten things without which your weeks, months, and years would feel incomplete.

What **major life changes** have you experienced in the last year?

Looking at the last six months of your life, **how much do you like the direction in which your life is moving?**

On a scale of one to ten, rate the **amount of stress in your life right now**. ____ (Ten is the highest degree).

What is the most stressful in your life right now?

How do you **assist yourself in staying focused and feeling less stressed?**

What do you **want me to do if you fall behind** in your committed actions or goals?

Anything else you want to talk about?