



Heal Your Life® New Client Coaching Questionnaire

Date:

Name:	
Address:	
Cell Phone:	
E-Mail:	

Briefly describe why you are interested in being coached. What goals would you like me to help you achieve?

Please rate the following areas of your life on a scale of 1 to 10, with one being very poor and ten excellent:

- | | | | |
|---------------------|-----|-------------------------|-----|
| 1. Physical Health | ___ | 6. Job or career | ___ |
| 2. Emotional Health | ___ | 7. Financial prosperity | ___ |
| 3. Relationships | ___ | 8. Sense of purpose | ___ |
| 4. Friendships | ___ | 9. Assertive ability | ___ |
| 5. Spiritual Health | ___ | 10. Time management | ___ |

What else would you like me to know about you?



Life Coaching is also about life balance. For each part of life listed below, write down what you would like to achieve as specifically as possible. Please keep in mind, the skills you learn during our time together will transfer from one area to another.

Professional Goals:

Financial Goals:

Physical (Health) Goals:

Relationship Goals:

Emotional Goals:



Spiritual Goals:

What has helped you achieve the goals you've set in the past?

List three of your strengths:

What additional skills do you want to improve on?



Life Overview

PHYSICAL HEALTH

Put a checkmark if the answer is YES.

- | | |
|---|--|
| <input type="checkbox"/> I exercise regularly with an activity I enjoy. | <input type="checkbox"/> I limit my sugar intake. |
| <input type="checkbox"/> I eat a healthy, balanced diet. | <input type="checkbox"/> I practice deep breathing |
| <input type="checkbox"/> I limit caffeine intake | <input type="checkbox"/> My blood pressure is normal |
| <input type="checkbox"/> I do not smoke | <input type="checkbox"/> I limit my alcohol intake |
| <input type="checkbox"/> I know how to relax my body | <input type="checkbox"/> I sleep well |

Are you dealing with any dis-ease in your body?

If the answer is “YES” to the following, put a checkmark.

EMOTIONAL HEALTH

- | | |
|--|--|
| <input type="checkbox"/> In general, I am a happy person | <input type="checkbox"/> I am rarely critical of others |
| <input type="checkbox"/> I have a good sense of humor | <input type="checkbox"/> I love myself unconditionally |
| <input type="checkbox"/> I can express anger appropriately | <input type="checkbox"/> I have lots of initiative at work |
| <input type="checkbox"/> My energy level is good | <input type="checkbox"/> My mind rarely races |
| <input type="checkbox"/> I accept all my emotions | <input type="checkbox"/> I rarely feel helpless |
| <input type="checkbox"/> It is unusual for me to feel sad | |

RELATIONSHIPS

- I have a positive primary relationship (spouse, life partner, or close friend)
- I tell my family and friends frequently that I love and appreciate them
- I have friends I can call and ask for support when I need it
- I spend quality time with my friends and family
- I have dealt with old hurts and forgiven my friends and family
- I am comfortable spending time alone with myself



SPIRITUAL HEALTH AND SENSE OF PURPOSE

- I feel connected with a Source greater than myself
- I have a regular spiritual practice such as meditation or prayer
- I have friends with whom I can discuss my spiritual or metaphysical beliefs
- I know my purpose in life

CAREER

- I feel fulfilled in the job or career I have now
- I have some unique skills and abilities
- I know what I want to do when I grow up
- I have opportunities to express my creativity in my career
- My current job pays me what I am worth

FINANCIAL PROSPERITY

- I feel prosperous
- I live within my means
- I know that having more money is not the answer to my problems.
- I spend and save money wisely
- I am organized and pay my bills on time

ASSERTIVENESS

- I feel comfortable saying no to friends and family
- I easily express my needs and can ask for support
- I am comfortable in new social situations
- I can discuss criticism of my behavior without getting defensive
- I can confront someone I feel is taking advantage of me
- I easily compliment myself and others



What are three goals (immediate or lifetime) you would like to achieve?

What are three challenges you are facing right now?
