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| Client Intake Form |
| **Self-Care & Inspirational Coaching:**  **Mental Health & Wellness**  Life Coach: Amanda Allen  [adallen60@gmail.com](mailto:adallen60@gmail.com)  469-585-3088  https://self-careandinspirationalcoach.godaddysites.com  $75 per session | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | Client Information | | | | | | | |  | | | | | | | |  |  | |  |  | |  | | Name | | Phone Number | | | Email Address | |  1. **Tell me a little bit about yourself?** 2. **Where are you from?** 3. **What do you want?** 4. **What goals would you like to achieve with this coaching experience?** 5. **Are you ready to invest in your personal development?** | |