

Full Name:

Age:

Gender:

Email Address:

Phone Number:

Current Situation: Briefly describe your current life situation, including any challenges or areas where you feel you might need support:

Goals and Aspirations: What are some specific goals you have for your personal or professional life?

Do you feel like you have a clear sense of direction and purpose in your life? If not, please explain.

Are you satisfied with your current progress towards achieving your goals? If not, what areas do you feel are holding you back?

Self-Improvement and Growth: 10. How open are you to change and personal growth on a scale of 1 to 10 (1 being resistant, 10 being open)?

Are there specific areas of your life where you believe you could benefit from personal development, such as communication skills, time management, self-confidence, or stress management? Please specify.

Obstacles and Challenges: What obstacles or challenges have you encountered in pursuing your goals or making positive changes in your life?

Have you tried any self-help methods, books, or resources in the past to address these challenges? If yes, please describe your experience.

Support and Accountability: How well do you currently manage your time and stay accountable for your goals?

Do you feel you could benefit from external support, guidance, and accountability to help you overcome challenges and achieve your desired outcomes?

Life Coach Interest: What interests you about working with a life coach? Please explain why you are considering coaching at this point in your life.

What specific outcomes or improvements would you hope to achieve through coaching?

On a scale of 1 to 10 (1 being not interested, 10 being interested), how motivated are you to invest time, effort, and resources into personal development and working with a life coach?

Final Thoughts: Is there any additional information you would like to share about your current situation, goals, or reasons for seeking a life coach?

Thank you for completing this assessment questionnaire. Your answers will help you evaluate whether engaging with a life coach aligns with your current needs and aspirations. If you decide to move forward, a life coach can provide you with the support and guidance you need to navigate challenges, set and achieve goals, and lead a more fulfilling life