

Wise Decisions Coaching

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wisedecisions-coaching.com

**Client Data Sheet**

[PLEASE ENTER THE CURRENT DATE HERE]

**Name**:
**Home Phone**:

**Work Phone**:
**Cell Phone**:
**Email**:

**Birth Date (Mo/Day)**:

**Spouse/Partners Name**:

**Spouse/Partners Birth Date**:
**Anniversary Date**:

**No. of Children**: [Boys\_\_\_ Girls\_\_\_]
Name of Child(ren):

**PCP Name:**

**PCP Phone number:**

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Please complete as much of the following as possible. **If you are unsure of any of these answers, we can discuss.**

**VISION: "Our Guiding Star"**
State your vision for your life (please be succinct). Please leave out specific goals (e.g. lose 10 lbs in 8 weeks or increase revenues by 10% in three months). If this is not now clear for you, leave this blank for now.

**CURRENT CHALLENGES**
What are you facing right now that needs immediate focus or resolution?

 **STRENGTHS**
What are the personal and professional qualities that you have that help you win?

**BLOCKS AND WEAKNESSES**
What hinders you or makes it difficult for you to meet or exceed goals?

**VALUES**
Your 4 values are most important to you? What do you need to feel truly fulfilled?

|  |  |
| --- | --- |
| **1.** | **2.** |
| **3.** | **4.** |

**10 GOALS**

Name 10 goals you would like to achieve in the next 90 days

|  |  |
| --- | --- |
| **1.** | **2.** |
| **3.** | **4.** |
| **5.** | **6.** |
| **7.** | **8.** |
| **9.** | **10.** |