



Serenity Life Coaching Intake Form

Name:_____ Birthdate:_____

Address:_____

Email Address:_____

Phone Number:_____

Occupation:_____

What do you most hope to accomplish with our coaching sessions?

Describe what made you decide to pursue Christian coaching:

Describe any previous experience with coaching:

What do you imagine will happen if you make progress toward your goals?

What do you imagine will happen if you do not work towards your goals?

Who in your life is most supportive of your goals?

What forms of Christian practice are comfortable for you within our coaching sessions?
Prayer, Scripture?

Are you able to commit to homework exercises outside of our sessions? Are you willing to journal and take assessments?

Do you find that you act quickly once you have chosen a course of action, or do you take additional time to process/contemplate?

What has helped you reach goals in the past?

What do you consider to be your greatest strengths? How will these relate to reaching your goals?

What would you like to change about yourself? How will this relate to reaching your goals?

Do you have other goals you have not mentioned because they are intimidating or feel too big to say out loud?

Of the goals discussed, which do you feel is the most important for us to begin?

What would you like me to know about you that we have not already covered in this form?