

Coaching Intake Form

Background Information

First Name	
Last Name	
Street Address	
City	
State	
Zip Code	
Email Address	
Best Phone Number	
Occupation	
Marital Status	

Coaching Readiness Questions

- 1) Which area of your life do you think could benefit from coaching?
Personal, Executive, Both, or something else.

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- 2) Rate yourself on scale of 1 to 10, with 1 being severely Unhappy and 10 being I'm thriving in the following areas of your life. Place an X in the column where you see yourself today.

	1	2	3	4	5	6	7	8	9	10
Health/Fitness										
Job/Career										
Family/Relationships										
Social/Friendships										
Finances										
Spirituality/Faith										
Self- care										

- 3) What challenges are you currently facing that you think would be more manageable with the help of Coaching? Use the space below to describe **two or three areas** of your life which are most challenging.



- 4) Describe what the best-case scenario would look like for you after you have successfully overcome the challenges in these **two or three areas**.

- 5) What do you think are your best qualities? Please describe or list them below.

- 6) Have you ever taken an assessment on your Strengths? If Yes, please describe which assessments you've taken and the results below. If No, is this something you are interested in?



7) What is your greatest success or something that has made you feel powerful in the past?

8) Have you ever worked with a coach before? How do you think coaching will help you achieve your future goals?

9) Is there anything else you'd like to add?