

Fly Forward Coaching Client Form  
(Form must be filled and signed prior to session)

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Would you prefer communication on Email: \_\_\_\_\_ or Phone: \_\_\_\_\_

On a scale of 1 to 10, how would you rate your current happiness level? What makes you the most happy in your life currently? \_\_\_\_\_

On a scale of 1 to 10, how would you rate your current stress level? What is causing you stress? \_\_\_\_\_

What is the most challenging obstacle you have had to overcome in your life thus far? How did you overcome it?

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What has been your biggest success in your life thus far? How did you achieve it? \_\_\_\_\_

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What are some things that you feel are hindering you from [happiness, fulfillment, feeling motivated, etc]?

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What does success look like to you? \_\_\_\_\_

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What changes would you like to see in your life? What do you feel is hindering you the most from making those changes?

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Who are the most important people in your life, and what is your relationship to them?

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What do you value most in your life right now? \_\_\_\_\_

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What previous steps have you already taken to achieve your goals? What has been the result so far, and what have you learned?

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Where do you see yourself 3-6 months or/and 1-5years from now? What do you think it will take to get there? \_\_\_\_\_

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Confidentiality

As a Certified Life Coach, it is my duty to protect the confidentiality of the communications with my clients but there are limited to confidentiality if sessions are not conducted in-office. Confidentiality cannot be guaranteed if sessions are conducted via phone or online. Clients should use their own discretion when utilizing these options.

Client (Print Name) : \_\_\_\_\_

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Coach Name: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Date: \_\_\_\_\_