



ALLY COACHING CLIENT INTAKE FORM

Please take your time and answer all questions thoughtfully. This form saves you time and money by answering basic questions about your personality, values, and goals.

NAME _____ DATE _____

EMAIL _____ PHONE _____

What has made you take this step of pursuing coaching?

How did you know you were ready to be courageous and begin investing in your own healing?

What do you hope to get out of coaching?

What are 3 goals you would like to achieve during coaching?

Where do you feel most out of balance?

What do you feel is missing from your life?



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What areas of your life seem to be working well for you?

What motivates you?

What is success to you and how do you measure it?

What are 6 adjectives that you would use to describe yourself?

When facing adversity or unknowns, how do you typically react?

What do you do for fun?

How would you describe your learning style?

Visual

Hands-on

Auditory

Reading/Writing

What typically helps you stay focused on reaching your goals?



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What are three qualities you would like to see in me as your coach?

My role can often include the following depending on your needs. What might be most helpful to you?

Coaching you to empowering choices

Validating and acknowledging where you've been

Providing accountability for where you'd like to go

Advocating and/or providing additional support as needed

Who are the key people in your life that provide you with support and encouragement?

How would you describe your current relationship with God?

How do you like to be held accountable?

Not at all, I can do it myself

Somewhat, I'll let you know at that time

Completely, please remind me and hold me to it

Is there anything else you want to share with your coach or think is important to the coaching relationship?