



Igniting & Empowering You:
Making the Impossible Possible

Client Intake Forms

QUESTIONNAIRE





CLIENT INTAKE FORM

DATE	FULL NAME	DOB
ADDRESS		PHONE
		OCCUPATION
EMAIL		<i>Preferred method of contact?</i> ☐ EMAIL ☐ PHONE ☐ TEXT
EMERGENCY CONTACT	PHONE	

YOUR PERSONAL GROWTH INVESTMENT

To provide you with the best possible assistance, we at Virtue Ignited kindly request that you share your primary motivations for investing in your personal growth and well-being at present. Please take a moment to reflect on your motivations and life goals. Sharing this information will help us tailor your Christian coaching experience to your unique needs, values, and aspirations. Remember, there's no 'right' or 'wrong' answer here – this is about your personal journey, and we're honored to be a part of it. **For Example: Spiritual Alignment & Trials - What prompted you to seek Christian coaching at this specific season of your life? What major personal, professional, or spiritual trials are you currently facing? How would you describe your current relationship with God?** Please write your main reason(s) for investing in your personal growth and well-being below:

I understand that Christian life coaching is distinct from therapy or counseling. I am entering this relationship with the understanding that my coach is here to support, guide, and facilitate my self-determined goals, but the responsibility for action and outcomes ultimately rests with me.

DATE
NAME
SIGNATURE



CLIENT INTAKE FORM

Welcome

TO YOUR PERSONAL GROWTH JOURNEY

Embarking on this journey here at **Virtue Ignited** towards a better personal, professional, and spiritual life is a significant step, and I'm excited to support you every step of the way. This page is a crucial part of beginning that journey.

**Here, I empower you to delve into your motivations, your goals,
and your personal circumstances.**

Reflecting on and documenting these aspects will not only help you gain clarity about what you wish to achieve, but it will also enable me to provide you with the most personalized and effective Christian life coaching. I encourage you to be as honest and detailed as possible in your responses. Remember, this is your journey, and understanding your 'why' and 'what' is the starting point. So, let's begin!

Your Why

What has motivated you to invest in your personal, professional or spiritual growth and well-being at this time?

Your Vision

When you think about your optimal state of well-being and personal, professional or spiritual growth what does it look like?
How would you feel? How would it impact your daily life?

Your Goals

What specific life and personal, professional or spiritual growth goals are you looking to achieve through our coaching? Try to make these as specific as possible (e.g., career aspirations, self-improvement, relationship development, or any other aspect of your God inspired life journey).

Prior Experiences

Have you tried to achieve these goals in the past? If so, what strategies did you use and what were the outcomes? What barriers or challenges did you face?

Your Commitment

On a scale of 1-10, with 1 being 'not ready at all' and 10 being 'completely ready,' how ready are you to make changes in your life and take steps towards your desired goals?

1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Your Support System

Who in your life will support you as you work towards these goals? How might they be able to help you?

Your Expectations

What do you hope to gain from life coaching? What would make this a successful experience for you?



PERSONAL GROWTH GOALS & FAITH

Please provide as much information as possible. This will enable your Virtue Ignited coaching program to be customized and to align closely with your specific requirements and goals.

What are your main personal, profession, spiritual growth and wellbeing goals?

- ☐ **Boost Self-Confidence:** Build a strong sense of self-worth and belief in one's abilities
- ☐ **Improve Communication Skills:** Enhance the ability to express thoughts and emotions effectively
- ☐ **Achieve Work-Life Balance:** Find equilibrium between professional and personal life
- ☐ **Set Career and Life Goals:** Define and work toward career and life aspirations
- ☐ **Manage Stress and Anxiety:** Develop strategies for handling stress and anxiety
- ☐ **Strengthen Relationships:** Build healthier, more fulfilling connections with others
- ☐ **Enhance Time Management:** Learn to manage time more efficiently and productively
- ☐ **Explore Personal Passions:** Pursue hobbies or interests for personal fulfillment
- ☐ **Improve Health and Well-Being:** Focus on physical and mental health through better habits and self-care
- ☐ Other (please specify)

What challenges have you faced in achieving these goals in the past?

- ☐ Lack of knowledge
- ☐ Lack of motivation
- ☐ Lack of support
- ☐ Difficulty changing habits
- ☐ Time constraints
- ☐ Other (please specify)

Faith Values Checklist - Place an [X] next to your top 5 driving values for life and leadership:

- ☐ **Grace** – Extending unmerited favor and forgiveness to self and others.
- ☐ **Stewardship** – Managing time, talents, and money to honor God.
- ☐ **Community** – Building deep, authentic fellowship with team and peers.
- ☐ **Integrity** – Walking in honesty and moral soundness when no one is watching.
- ☐ **Service** – Serving your team and community with humility.
- ☐ **Discipleship** – Growing in Christ and mentoring others in their development.
- ☐ **Faithfulness** – Remaining loyal to God's word through organizational shifts.

Please provide as much information as possible. This will enable your coaching program to be customized and align closely with your specific requirements and goals.

What do you hope to gain from working with a Christian life coach?

- ☐ Expert guidance -Christian faith based and professional expertise
- ☐ Accountability
- ☐ Personalized action plan
- ☐ Daily activities & time management
- ☐ Personal & spiritual growth resources (biblical)
- ☐ Support and motivation (prayer & Scriptures)
- ☐ Tools for success
- ☐ Other (please specify)

Comprehensive Life Assessment

Please rate your current level of satisfaction in the following areas on a scale from 1 to 10 (1 being unsatisfied/struggling, and 10 being highly satisfied/thriving):

- ☐ Physical Health (Healthier Resources-Prayer-Healing Scriptures)
- ☐ Mental/Emotional Health (Faith-based)
- ☐ Relationships
- ☐ Career
- ☐ Financial Situation
- ☐ Personal & Spiritual Development
- ☐ Overall Life Satisfaction

On a scale of 1-10, how committed are you to making changes in your life and habits?

1 is not committed at all. 10 is VERY committed

1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

What is your preferred coaching style? (e.g., directive, non-directive, motivational, accountability-focused, etc.)

Career, Faith & Leadership Development

- What is your primary professional goal over the next 12 to 24 months?
- How do you define your current "God-given purpose" or calling regarding your career?
- What is the biggest leadership challenge you face right now (e.g., managing team conflict, imposter syndrome, strategic vision, decision fatigue)?
- How do you currently integrate your faith and biblical values into your workplace or leadership style?

What expectations do you have from a Christian life coach, and how can I best support you?



ADDITIONAL INFORMATION

Past Coaching and Counseling

Have you worked with a Christian coach or counselor before?

☐ Yes ☐ No

If yes, please describe the experience, including the duration and outcomes.

Please indicate your availability for coaching sessions:

Do you have any personal, professional, or medical circumstances or conditions that may impact our coaching relationship or your progress toward your goals?

- What is the current mission and vision of your business, and how does it serve God's kingdom?
- What is the biggest obstacle currently restricting your business growth or profitability?
- How do you balance scaling your business with protecting your spiritual life and family commitments?
- In what ways are you looking to transition from "doing all the work" to leading and delegating as a CEO?

Personal Goals

What are your top three personal goals you wish to accomplish in the next year?

Challenges

What do you perceive as the biggest obstacles or challenges in your personal life currently?

Strengths

What would you consider your top three personal strengths?

Areas for Improvement

In which areas of your personal life do you feel you need improvement or change?

Personal Fulfillment

On a scale from 1 to 10, how fulfilled do you feel in your personal life? What elements do you feel would increase this score?

1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

What elements do you feel would increase this score?

Professional Goals

What are your top three professional goals you wish to accomplish in the next year?

Career Challenges

What do you perceive as the biggest obstacles or challenges in your professional life currently?

Professional Strengths

What would you consider your top three professional strengths?

Areas for Improvement

In which areas of your professional life do you feel you need improvement or change?

Job Satisfaction

On a scale from 1 to 10, how satisfied are you with your current job? What elements do you feel would increase this score?

1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

What elements do you feel would increase this score?



WHEEL OF LIFE ASSESSMENT (RESULTS & REFLECTION QUESTION)

Rate your satisfaction in each area from 1 (Very Dissatisfied) to 10 (Fully Satisfied):

[8] **Spirituality:** Relationship with God, prayer life, and Scripture study.

[8] **Career:** Professional alignment with your God-given calling.

[8] **Finances:** Stewardship, giving, saving, and financial peace.

[6] **Health:** Physical energy, sleep, nutrition, and mental health.

[8] **Relationships:** Marriage, parenting, and community.

[8] **Personal Growth:** Learning, hobbies, and emotional maturity.

[5] **Recreation:** Leisure, and life balance.

[8] **Friends:** Support system, healthy conversations, and trust.

Reflection Question: Which two areas above do you feel called to focus on first?

1. _____

2. _____

Key Priorities:



Notes

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE.
USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	Specific WHAT DO I WANT TO ACCOMPLISH?	
M	Measurable HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	Achievable HOW CAN THE GOAL BE ACCOMPLISHED?	
R	Relevant DOES THIS SEEM WORTHWHILE?	
T	Time bound WHEN CAN I ACCOMPLISH THIS GOAL?	



Thank You!

I appreciate you filling out our forms to begin this exciting journey with Christian coaching. I look forward to connecting with you soon!

Marsha Parker

social:

www.VirtueOnFire.com

email:

virtueonfire@gmail.com

Disclaimer

The information contained within these materials is for general and informational purposes only.

The information is not, nor intended to be, a substitute for professional or clinical advice.

If you have any concerns about your health, please contact your medical doctor or licensed healthcare practitioner.