

**Client Intake**

All information is confidential and will be used exclusively by your coach to assist you in your journey to reach your desired goals.

Name (please print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_\_\_\_\_\_\_ Zip code: \_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred Days/ Times for Coaching:

Date of Birth:

Age:

Marital Status:

Children’s Names/ Ages:

Occupation:

Highest level of education completed:

1. Describe three items you most interested in achieving or accomplishing as a result of your coaching sessions.
2. Why do you want to achieve these things?
3. What has prevented you from achieving them in the past?
4. What is most important to you in life?
5. What are you most grateful for in your life?
6. What would you say have been your three greatest accomplishments to date?
7. What is the hardest thing in life that you have had to overcome?
8. What major transitions have you had in the past three years? Some examples might be: a change in relationship status, a move, a new job, a new role, entering a new decade, etc.
9. On a scale of one to ten, ten being the high, rate the amount of stress in your life right now.
10. What are your primary stressors?

1. What are the top three major fears in your life at present time?
2. What motivates you?

1. What do you think in NOT possible to achieve in your lifetime that you wish you could?

1. What are your personal strengths?
2. What are your personal weaknesses?