



**Ms. LORI
LIFE COACHING SERVICES**
Opening Paths to Living Your Best Life

SAMPLE CONSULTATION FORM

Please provide the following information to receive your **free consultation** with Ms. Lori Life Coaching Services. Consultation does not obligate you nor Ms. Lori Life Coaching Services to enter into a contract for services.

Today's Date: _____

Please provide the best date and time for your consultation.

Name: _____

Phone Number: _____ Email: _____

What is a typical day for you right now?

Is your typical day fulfilling? If not, explain.

SAMPLE

What are three primary goals for your life right now?

1. _____

2. _____

3. _____

What do you want your life to look like one year from now? Five years from now?

Have you ever collaborated with a life coach before? Check one. YES NO

Why are you interested in collaborating with a life coach right now?