



CLIENT INFORMATION & SELF ASSESSMENT

Gathering some information about you helps us to understand you and your needs and goals. Please be as thorough and honest as possible. In coaching, you get out of it what you put in. We believe in you!

Legal Name: _____

Nick name or preferred name: _____

Address:

DOB: _____

Current Occupation or Job: _____

Annual salary or hourly wage: _____ per _____

Highest level of education: _____

Relationship status: _____

What do you like most about your life?

What do you like least about your life?

What is your best memory from childhood?

What is your worst memory from childhood?

What did you want to be when you grew up? _____

Did you become this? Why or why not?

Do you still want to be this when you “grow up”? _____

What would you change about your life if you could?

Where would you like to be and what would you like to be doing one year from now?

Where would you like to be and what would you like to be doing five years from now?

What do you want to get out of this private coaching or course?

Do you think you need personal life coaching, business life coaching, or both?

What is your favorite color? _____

What is your favorite song? _____

What is your favorite movie? _____

What is your favorite hobby to participate in?

Do you belong to any organizations or groups outside of work?

Who is the most important person in your life? _____

What is the most important thing in your life? _____

Where and how do you see yourself at retirement?

What do you like most about yourself?

What do you like least about yourself?

Do you like your current job? _____

Why or why not? _____

If you are in a personal romantic relationship are you happy? (If not applicable write N/A)

Why or why not? (or N/A)

What motivates you each day?

Do you feel sufficiently motivated, or could you use a boost?

What are your skills or unique talents?

Would you describe yourself as introverted or extroverted and why?

What scares you the most about making changes in your life?

List three concrete changes / transformations would you like to accomplish while working with me?

Are you active on social media? _____

What are your social media handles?

What else would you like me to know about you?
