



Coaching Intake Form

Name _____

Address _____

Phone Number _____ Email _____

Date of Birth _____ Place of Birth _____

Occupation/Career _____

Relationship Status _____

Children and their ages _____

Areas of your life you want coaching (Check all that apply)

Life Coaching

Career Coaching

Other _____

1. What 3 specific goals do you want to achieve in the next three months?

2. What are the three biggest changes you want to make in your life over the next three years?

3. What is your main goal for our coaching sessions?

9. Is your life one of your choosing? If not, which parts are being chosen for you?

10. On a scale of 1-10, 10 being HIGHEST, provide a number that represents your current level/degree of stress:

What are your primary stressors?

11. List 5 things that you are tolerating or putting up with in your life at present which you are dissatisfied with: (for example - information you can't find, rude people, poor lighting, tight shoes, dented car, job dissatisfaction, dead plants, broken equipment)

12. What would you expect or like your coach to do if you get behind on your goals?

13. How will you know when you are receiving value (your money's worth) from the coaching process?

14. What types of approaches discourage you or take away your motivation?

15. How will you know I am the right coach for you?

16. How can your coach best support you in the coaching relationship?

17. Using each number ONLY ONCE, place the following in order of importance. Rank 1-10, 1 being MOST important. Then answer the question.

- Do you have a personal or professional vision? If so, what is it?
- What would you like to contribute to the world?
- What is a dream or goal you have given up on?
- What part of yourself, if any, have you given up on?

18. On a scale of 1-10 (10 = High), rate the overall quality of your life today:

19. What would you LOVE to have, be or do, in/with your life that you don't have, aren't doing or being, now?

20. What is stopping you from having, doing or being who or what you desire?

21. How would you be different if you could have, do or be what you desire?

22. Is there anything you don't normally share with others that as your coach, you feel it is important for me to know?

23. Is there anything else you want me to know before our first session?

24. Are you prepared to commit time, money and energy to your coaching plans?