

# Client Intake Form

## “GETTING TO KNOW YOU”

Coaching is more effective and efficient if you can give me some information about yourself at the beginning. This is confidential information and you are free to not answer any of the questions. I encourage you to be open and share the information in order to get the most from our coaching relationship.

Name:

Name you like to be called:

Address:

Phone: (Home) (Work)

Phone: (Mobile) (Fax)

Email:

Occupation:

Employer's name:

Date of birth: Marital status:

Significant Other's Name:

Names and Ages of Children:

Name:	Age:	Name:	Age:

# Life Satisfaction Questionnaire

How satisfied are you with different areas of your life? Select a number from 1 to 10 next to each of the following areas of life. If you give an item a 1, you are completely dissatisfied with this part of your life. It means, "This part of my life is entirely unacceptable to me in its current state." A number 10 means, "I couldn't be happier or more satisfied with this area of life." Your overall satisfaction will change from day to day, but try to give an overall assessment of *where you are at present*.

1- Completely dissatisfied

10 - I could not be happier

Physical Health

Mental/Emotional Health

Career/Employment Satisfaction

Financial Stability

Marriage/Romantic Relationships

Home Life (Immediate Family)

Extended Family (Relatives, In-laws)

Friends/Social Life

Recreation/Relaxation/Leisure

Lifestyle (Degree of Busyness and Life Balance)

Personal Life Fulfillment

Spiritual Health/Life

Church/Religious Life

Physical Comfort (Housing, Neighborhood, Possessions, Cars, etc.)

1. Why do you want coaching? Be as specific as possible. Example: "I want to start an exercise program to gain more energy and to lose 30 pounds." Use extra paper if you wish.

2. Are you or have you ever been in counseling or therapy?      Yes      No

If yes, please explain.

3. Describe your spirituality. What is your relationship with God? In what ways do you sense God might be challenging you, nudging you in a different direction, or trying to get your attention.

4. What are the most important things (good and bad) happening in your life right now?

5. In what ways would you like your life to be different one year from now?

Be specific.

6. What is getting in the way of these goals?

7. How might you sabotage yourself as you work toward your goals, or how might you sabotage me as your coach?

8. List at least three things you procrastinate at -- the things that you've been putting off.

9. What, if any, are your concerns about coaching?

10. Rate the level of stress in your life on a scale of 1 to 10. (1=low and 10=high)

11. What are your primary stressors?

12. Why did you select me as your coach?

13. What would you like me to do if you get behind in progress toward your goals?

14. How do you like to be supported or held accountable?

15. What else would you like me to know about you?