



Client Information

Birthday: _____

Address: _____

Address/Suite/Apt.# _____

City: _____

State/Province: _____

Area/Zip Code: _____

Mobile: _____

Home Phone/Work Phone: _____

E-mail: _____



Client Questionnaire

As your coach, it is important for me to understand who you are, what you value and how you approach life. I've developed this questionnaire with a variety of "pondering" type inquiries designed to promote exploration about what you really want out of life. Please set aside some time to thoroughly consider these questions and then email your responses to me prior to our initial session. Thanks!

Name: _____

1. What are the biggest obstacles getting in the way of your happiness right now?

2. If you could change one thing about yourself that would improve your life immediately, what would that be?

3. What goals do you want to focus on in our coaching? (Only choose things that you really want, not what you feel you should do!, things that will change your life in a positive way)

Goal 1: _____ Date: _____

Goal 2: _____ Date: _____

Goal 3: _____ Date: _____

4. Are you aware of any behaviors/beliefs that stand in the way of you achieving professional success and having a life you really love?

