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## LIFE COACH INTAKE FORM

Name:

Address:

Phone:

Alternate Phone:

Email:

Birthday:

1. Please rate your satisfaction with your life in the following areas  
(1 – worst, 5 – best)

Emotions

Relationships

Sexuality

Body

Work

Money

Spirituality

2. What one thing do you want more of in your life right now?



9. How do you like to be supported when hitting challenges in your personal growth or thought process (have a good listener; strategize with someone; work with a devil's advocate, work with guided visualization, journal, etc. If you're not sure, you can write that too.)?

10. Do you have any specific goals and/or intentions for this program?

11. How committed are you to making this program work for you?