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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?

3. What one thing do you want less of in your life right now?
  
4. List three things you are tolerating right now in your personal life.
  
5. List three things you are tolerating right now in your work life.
  
6. What's one thing you would like to achieve but aren't sure how to do it?
  
7. Listed below are some typical results experienced by coaching clients. Which 3 are most important to you? (direction, focus, accountability, a new perspective, relationship success, strategies, better finances, motivation, new challenges, other-please list)
  
8. How well do you keep your commitments when taking advice or working with someone towards your goals? (very, moderately, not too much)

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?