

New Client Information

First Name _____ **Last Name** _____

Nickname/Preferred Name (if applicable) _____

Birthday _____ **Email** _____
(Month/Day/Year)

Phone (Best) _____ **Phone (Other)** _____

Address _____

City _____ **State** _____ **Zip** _____

Expectations: What do you expect to get out of these coaching sessions?

Tell me something about yourself that you think I should know to coach you better?

What accomplishments do you wish to achieve in the next year?

How will you feel when you achieve those results?

If there were a secret passion in your life, what would it be?

What (if anything) is missing from your life? What would make your life more fulfilling?

To trust your coach to manage you effectively, what tips would you give?

What are qualities you admire about yourself or others? (example: attentive, calm, faithful, connected, joyful, innovative, problem solver, inquisitive, optimistic, diplomatic, etc.)

List at least five of your personal assets/strengths:

1.

2.

3.

4.

5.

6.

7.

8.

List at least five of your time-wasters/excuses, etc.

1.

2.

3.

4.

5.

6.

7.

8.

List at least five choices or goals (specific, measurable, dated)

1.

2.

3.

4.

5.

6.

7.

8.

What are you committed to for your quality of life?

If you had 6-month, 1-year, 3-year goals and had the continuing work with a coach to assist you, and time/money not an issue, what would those goals be? What difference would working with a coach make?

If you could devote your life to serving others with no money worries, would you do it? Describe what would that look like?

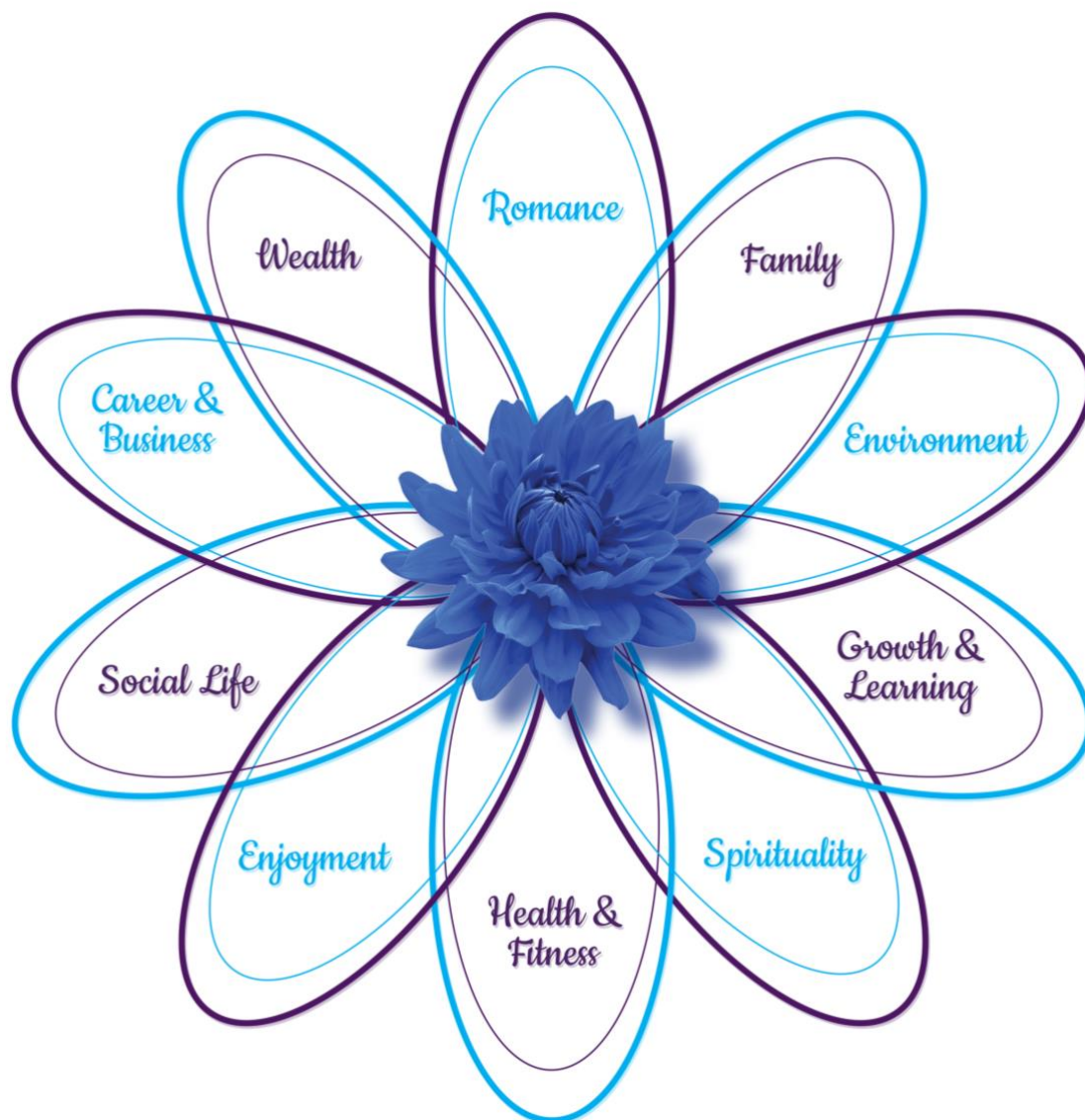
Is there anything else you'd like to add to set up the framework for your goals?

Wheel of Life / Your Seedling to Flower

Often times in the coaching arena, the areas of our life are represented in a “Wheel of Life.” As a Goal Reaper™, I’ll help you to plant your seedlings and grow them into flowers!

To get started, simply rank each petal of the flower on a scale of 1-10 (1=seedlings, 10=full bloom!) as to how you feel about each area currently.

FOCUS AREAS INCLUDE: Romance (Intimate relationships), Family, Environment, Growth & Learning, Spirituality, Health & Fitness, Enjoyment, Social Life, Career/Business, Wealth



SESSION ACCOUNTABILITY WORKSHEET *(to be filled out at end of session)*

GOAL ACTIONS	*FOCUS AREA #1
	MY SUPPORT TEAM
BY WHEN (SPECIFIC DATE)	

GOAL ACTIONS	*FOCUS AREA #2
	MY SUPPORT TEAM
BY WHEN (SPECIFIC DATE)	

GOAL ACTIONS	*FOCUS AREA #3
	MY SUPPORT TEAM
BY WHEN (SPECIFIC DATE)	