

## New Client Life Coaching Questionnaire

Name:

Address:

Phone Number:

Cell Number:

Email address:

Birthday:

Emergency Contacts (name, relationship, phone numbers):

A.

B.

1. What is your motivation to seek a life coach?
  - a. Discover your life purpose
  - b. Need help setting and achieving goals
  - c. Re-invent yourself
  - d. Lose weight, achieve greater health and wellness
  - e. Find more happiness or joy in life
  - f. Career transition
  - g. Improve relationships
  - h. You feel stuck but do not know how to change or move forward
  - i. Do not know how to overcome some all ready defined obstacles
  - j. Desire to break out of your comfort zone
  - k. Have worked with a coach in the past
2. What do you want to gain or obtain from your coach?
3. What do you want from your career?
4. How do your career goals support your personal goals?
5. What would help your career move forward? Please list.
6. What special interests do you have?

7. What special knowledge do you have?
8. What steps are you taking to develop your skills or knowledge?
9. What do you do when life is stressful?
10. What activities do you enjoy?
11. Please tell me about your current personal support system (friends, family, religious affiliation, etc)
12. Write down some significant events in your life.
13. Please list some of your top personal goals.
14. Can you begin to describe your life purpose?
15. Are you ready for a coaching program? If you think you are, please put into words why you are ready?