## YOUR NAME OR COACHING COMPANY NAME

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CLIENT SELF-ASSESSMENT FORM

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

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**GETTING COACHED**

What influenced your decision to work with a coach?

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Have you ever been coached? If so, please describe the experience.

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What specific goals would you like to discuss/accomplish in the first 3-6 months of our coaching relationship?

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What are your long-term goals? *(i.e., 1-3 years in the future)*

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Do you have any significant commitments?

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What accomplishment in your life are you most proud of?

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What would the "perfect life" look like for you?

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What are your dreams, and have you tried to fulfill them? Where you successful? Why/why not?

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What dreams have you given up on?

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What parts of your life are working best right now?

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What parts of life are working least well?

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What stops you from having the life you want to have?

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What (or where in your life) would you like to focus on first?

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Is there other important information you want me to know?

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What is one step you could take this week that would move you closer to your goal?

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What do you do to recharge your batteries or give yourself a sense of optimism?

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What is one thing (or two) that is getting in your way of moving forward?

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What tips would you give me to help motivate you?

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How many hours per week do you plan to devote to accomplishing your goal?

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What steps have you taken, or will take, to accomplish your goal?

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Who else needs to be involved in your transition to accomplishing your goal?

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What else would you like me to know?

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If you could live 5 different lives, maybe of famous people, or naynow, who would it be and why?

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4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What qualities in those people do you like that you'd like to learn or incorporate into your own self?

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On a scale of 1-10 (10 being the happiest), how are you making yourself, your spouse (or significant other), your children (if applicable), your employer, your customers, co-workers, and others happy?

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How much time do you devote each day/week/month/year to working on your own stuff and getting you closer to your dream or ideal life style?

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What is one thing missing from your life right now? How long has it been missing? Do you want to do anything about it? Have you? Any success?

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**TELL ME MORE ABOUT YOURSELF**

I’m in a time of transition and I need to focus on what’s next ... *or else I'm going to be \_\_\_\_\_?*

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I need to learn how to deal with money ... *or make some!*

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I’m \_\_\_ (age) and still don’t know what I want to do ... *when I grow up!*

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I need to take better care of myself. Here's why, and how I'd like to do just that ...

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I want to attract a lasting relationship and/or enhance my relationship(s). I need help here ...

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I’m frustrated trying to blend the life I want with the career I’m in ...

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I want to learn about me ... what my strengths are ... what my weaknesses are ...

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I want to improve my health ... specifically, in this area (and others) ...

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I’m stuck in certain / many areas of my life. Here's where ...

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I want to stop pulling the rug out from under myself whenever I get close to success.

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I want to learn how to focus on my goals and clarify what I want. I have a problem with ...

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I want to move away from concentrating on my problems to overcoming them.

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I have been too preoccupied with my work and want to find a way to be more balanced so I can discover the rest of my life.

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It seems like everyone else does o.k. and can be satisfied to go along with things the way they are. Why can’t I?

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I feel as though something vital is missing from my life.

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I want to put my dreams into action, but I need help / I don't know where to start. How true is this?

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Describe your support system - your personal “community.” These are the people that are there for you – family, friends, mentors, support groups, growth groups, etc.

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Do you believe in God or in the concept of a higher power? If so, describe the most useful and empowering aspects of your relationship with God.

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Are you now or have you ever been in counseling or therapy? If yes, please explain.

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Do you have any insecurities about coaching? If so, what are they?

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Is there anything else that would be helpful for me to know?

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Are you READY to get started coaching with me? How EXCITED are you to get started?

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**PLEASE SEND YOUR COACH THIS "CLIENT INTAKE FORM" VIA FAX, EMAIL, MAIL OR DELIVER IT** **IN-PERSON AT**  
**LEAST 3-5 DAYS "BEFORE" YOUR "FIRST" SESSION!!!!**