

# COACHING INTAKE QUESTIONNAIRE

This questionnaire is designed for me to begin to learn what is important to you and what specific areas of your life you would like to work on, as well as for us to start getting a sense of the bigger vision you have for your life. Your answers to this questionnaire are strictly confidential, so please respond openly. Please do not be concerned with spelling/grammar, and do not feel obligated to answer every question.

## **PART I: CONTACT AND BACKGROUND INFORMATION**

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Mailing Address:

\_\_\_\_\_

Email:

\_\_\_\_\_

Home phone: \_\_\_\_\_

Work phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Can I leave you a message? \_\_\_\_\_

Marital status: \_\_\_\_\_ Single \_\_\_\_\_ Married \_\_\_\_\_ Separated \_\_\_\_\_ Divorced \_\_\_\_\_ Widowed

Children: \_\_\_\_\_ Yes \_\_\_\_\_ No. If yes, names/ages:

\_\_\_\_\_



Current employment status: \_\_\_\_\_ Employed \_\_\_\_\_ Unemployed.

If employed, who is your current employer and what do you do? If unemployed, who was your most recent employer and what did you do?

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What is your main goal working with a coach?

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How did you find out about my services?

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## **PART II: SELF-ASSESSMENT**

Directions: Respond to the following statements by rating your level of satisfaction on a scale of 1 to 10, 1 being the least satisfied and 10 being the most satisfied.; choose “N/A” for “Not Applicable.”

I am satisfied with my life (circle one): **1 2 3 4 5 6 7 8 9 10 N/A**

Please explain:

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I am satisfied with my career (circle one): **1 2 3 4 5 6 7 8 9 10 N/A**

Please explain:

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I am satisfied with my spouse, significant other or dating life, and with my children (circle one):

**1 2 3 4 5 6 7 8 9 10 N/A**

Please explain:

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I am satisfied with my relationship with my family (my parents and siblings) (circle one):

**1 2 3 4 5 6 7 8 9 10 N/A**

Please explain:

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I am satisfied with my physical fitness and health (circle one): **1 2 3 4 5 6 7 8 9 10 N/A**

Please explain:

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### **PART III: YOUR FUTURE SELF**

#### **A. Dreams and Goals**

Name 1-3 short-term goals in your personal life for the next 3 to 6 months?

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Name 1-3 long-term goals in your personal life for the next 5 years?

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Name 1-3 things you most want to accomplish in this lifetime (e.g., this is your opportunity to dream big)?

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### **B. Values Clarification**

What was one “peak” experience in your life (a specific time/event when you felt most fulfilled)? What were you doing? Who were you with? Why was the event so special?

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What moves you in life? What gets you excited and passionate?

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What qualities do you most appreciate in people? What qualities you appreciate the least?

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Who do you admire most and why (you don’t have to know him/her personally)?

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