

Life Coach - Initial Intake

Name: _____ Preferred name: _____

Address: _____ City/State/Zip: _____

Phone Number: Home: _____ Cell: _____

Is it o.k. to leave a message at home? Y__ N__ cell? Y__ N__

Date of birth: _____ Age: _____

Where did you hear about Caroline Rickson's coaching services? _____

Have you experienced coaching before? _____

Are there any medical conditions I need to be aware of? _____

If yes, please explain.

What brings you to Creative Life Coaching at this time?

What is the most pressing thing on your mind that you would like to share with me?

List four ways you'd like to grow in the next year:

1. _____

2. _____

3. _____

4. _____

Who are the key people in your life? Tell me about them.

How much stress are you under right now? Where Does the stress come from?

If you asked a friend what you should work on in your life what would they say?

What else would you like me to know?

Wish List

Please complete the following by putting a check mark next to each item of interest.
Check as many boxes as you'd like.

I would like to become more:

- Social
- Intellectual
- Productive
- Service-Oriented
- Involved in the Community
- Playful
- Well-Read
- Educated
- Well-traveled
- Skilled
- Creative
- Artistic
- Physically Active
- Family-Oriented
- Thoughtful
- Giving
- Spiritual
- Relaxed
- Happy
- Goal Oriented
- Spontaneous
- Financially Prosperous
- Healthy
- Independent
- Motivated
- Balanced
- Knowledgeable about _____
- Involved in a new relationship
- Content and stable in my current relationship
- Have more support
- Involved in a organization
- Involved in _____

Activity I'd most like to explore
