

# ***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



