HEART TO HEART LIFE COACHING LLC

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Name:_____ **Date:**_____

Please take the time to answer the following questions to allow me to get to know you better.

INTAKE QUESTIONNAIRE

1. What made you decide to seek Life Coaching at this time?

2. Tell us about your family: (marital status, children, parents, etc.)

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3. Career or work background:

4. Education and special training:

5. On a scale of 1 – 10, how happy are you with your life right now?

▢1 ▢2 ▢3 ▢4 ▢5 ▢6 ▢7 ▢8 ▢9 ▢10

6. What is your biggest challenge right now?

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7. What do you desire the most in your life?
Or what dream would you love to chase if you knew you couldn't fail? And why?

8. In the past, what was the greatest challenge you have ever overcome?

9. In the past, what has been your greatest success in your life?

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10. On a scale of 1 – 10, how stressed do you feel right now?

Not Stressed ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 Extremely Stressed

11. What are your key stressors?

12. What things do you feel you are putting up with right now in your life?

13. Do you ever find yourself sabotaging your own success? *(Most people do in some ways.)*
Give a detailed description of how that looks.

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14. What motivates you?

15. What de-motivates you?

16. How committed are you to make the necessary changes to achieve what you want through Life Coaching?

- ☐ Extremely committed – No excuses!
- ☐ Very committed – I will do my best!
- ☐ Moderately committed – sometimes I make excuses.

17. If you are spiritual or religious, please tell us about your religion or philosophy.

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18. What advice do you have for your coach(s) about how to interact with you to make the relationship powerful and productive?

What would you like from your coach(s) during your sessions: Score on a scale from 1 -10.

19. Gaining clarity of issues:

Not at all important ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 Extremely important

20. Understanding what is important/what motivates me:

Not at all important ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 Extremely important

21. Exploring and understanding what is holding me back:

Not at all important ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 Extremely important

22. Gaining an insight into who I am, my strengths, capabilities and potential:

Not at all important ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 Extremely important

23. Providing encouragement and support:

Not at all important ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 Extremely important

24. Helping me define goals:

Not at all important ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 Extremely important

25. Helping to identify action and next steps:

Not at all important ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 Extremely important

26. Challenging me with difficult questions that make me think at a deeper level:

Not at all important ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 Extremely important

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27. Providing honest and direct feedback:

Not at all important ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 Extremely important

28. Making me accountable for my goals:

Not at all important ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 Extremely important

Other notes, comments or additions to the above 1-28:

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