

Life Coaching Intake Form

(Questions thanks to courses and continuing education from: Crack Your Egg Enterprises, LLC., Wainwright Global Inc., and Source Point Training.)

Please fill out the questions below, to the best of your ability; and have ready when we start our sessions.

I understand there are different learning styles; so, if typing/writing is not your strength, then please feel free to talk and record your answers. (e.g. Good old-fashioned tape recorder, phone app, or on your computer/laptop.) You may want to review your answers before we start, unless you have capabilities of printing what you spoke. As well, if there are questions you can't answer just yet, no need to fret. We can go through them together.

The purpose is for you to have a starting point reference, and a "coaching plan." A large part of life-coaching is accountability, and having things written out helps with this. Writing and typing too, uses different parts of the brain; which helps with processing and transition.

We will go over these in person, phone, or Skype/Zoom. I do take notes, and send recap emails of our sessions. This way you can see your progress, or develop questions for the following sessions.

Anna DeWine

(206) 478-6159

artistherapy@gmail.com

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Name: _____

Address: _____

Phone & email: _____

Best times to meet: _____

Date: _____

How did you come to find my services? (Web search, personal referral, class, etc.): _____

1.) What Do You Want to Create or Achieve at This Time? What Outcomes Do You Seek?

- What has been going on in your life, that has made you feel it is time to change/overcome/improve some area?

- What goal/vision/dream would you like to accomplish, create, or verbalize? Many times, all we seek is a way to find the words to describe the direction or achievement that is forming within us; so, don't feel shy if this is your starting point.

- How will you know if you have accomplished/created/realized this goal or dream?

2.) How Badly Do You Want It? Are You Willing to Put Ongoing, Daily, or Weekly Practices in Place?

- How motivated are you to pursue, create, realize, and/or accomplish this goal or dream?

- On a scale of 0-10, how important is it?

- Why do you want these results?

- How Will You FEEL upon completion of your results? (For example: Feelings are a powerful motivator; so, tapping into some of them, may help fuel you.)

3.) What Do You Think or Feel is Stopping You? Are There Barriers to Your Performance?

- What are the biggest challenges that are slowing you down, standing in your way; or stopping you from being able to achieve those things you're looking for?

- What have you tried before to improve your situation? (Please describe each strategy you have tried. This includes the techniques, programs, courses, methods, etc.) Details are important, as they can help us see if any components were missing, or if perhaps an adaptation could be more beneficial for your personality or learning type.

- What did/do you see as the barriers, and how did you work through them in attitude and action? Are there times when you could have applied a different approach?

- What do you think you need, in order to realize your dreams and goals? (For example: This could be finding support resources for a disability...finding a temporary extra job to provide additional income while achieving your permanent long-term goals...learning leadership principles to apply to your goals...or finding ways to accomplish your commitment to serve...)

4.) What is It Costing You by Not Achieving This?

- What is NOT having your described results costing you and your life? (Again, try and be descriptive; but if you're having a hard time seeing the details, I would suggest to start with writing down the feelings this question evokes. Then, with each feeling, build your sentences from there. It may sound silly, but many times we *feel* first--and then by acknowledging the feeling—we can start *processing* why we went there.)

- How is NOT having your desired results affecting other areas of your life? (For example: What is it doing to your relationship(s), your mental clarity, emotional well-being, your inspiration, your energy and vitality, your physical health, your finances, etc.)

5.) How Will You and Your Life Be Better When You Achieve Your Dreams and Goals?

- How will it feel to finally accomplish/realize/create/achieve your goals or dreams? (For example: What would your life look and feel like, when you did? How would you talk or act? What would you be doing differently, that you aren't already doing now?)

- How will that impact other areas of your life? (For example: What impact will getting these results you're looking for, have on your relationship(s)? How would they impact your finances? How would they impact your inspiration? Or how about your mental clarity, and emotional well-being? How will they impact your physical health, energy, and vitality?)

6.) Is there anything else you would like me to know about yourself and your situation? Is there anything else about your goals and dreams that you think is important for me to know?