



CLIENT QUESTIONNAIRE

As your Goals Coach, I am excited to get to know you, what you value and how you approach life. This questionnaire is designed to assist us as we begin this exploration together.

Please don't feel overwhelmed or that there needs to be an extensive response for every question. Just go with your first gut response. Your gut response is always the best.

Thanks in advance!

Name: (Please Print) *			
Address: (City, State, Zip) *		Phone: (Including Area Code) *	
		Best time to reach you: (List 3)*	
Email: (Monitored, in use, primary email)			
Tell me why you hired me?			
Please share three primary short-term goals you want to focus on over the next 90 days.			
1.			
2.			
3.			
Please share three primary, short-term goals you want to focus on over the next 90 days.			
1.			
2.			
3.			

What long term goals would you like to focus on? (List at least 2)
1.
2.
What's your passion in life or what makes you happiest and most fulfilled?
What kinds of things and people motivate you?
What should I know about you, for me to best assist you?
How will you know when our sessions have been effective?
What behavior and beliefs are you aware of, that may be hindering you from the life you want?
#ItsAMindset
What are your greatest Strengths?
1.
2.
3.
What are some of your known Weaknesses? (not necessarily a negative just not a strength)
1.
2.
3.

Is there anything else you'd like me to know so we can have the best sessions?

All information is confidential and will be used exclusively for the purpose of assisting you in creating the results you want. I won't share any information collected about you, from any form, or session, without you, the Client's written consent, nor will I use your name as a reference without you, the Client's written consent. Limited scenarios and outcomes, omitting the client's name and personal identifiers, can be used for reference, without written consent.

#ItsAMindset