8/23/23, 3:27 PM Practice



New Mindset Coaching Client Intake Form

* Required information First name * Last name * What's your email? * Date of Birth: **Phone Number: Marriage Status:**

Occupation/ Employer:

f you have children, please include ages. What frequency would you like to meet? Have you previously seen a counselor or coach before? If yes, please provide a brief description why. Are you currently seeking treatment for any medical issues/concerns? Why do you want coaching? Be as specific as possible. Example: "I want to start an exert or orgam to gain more energy and to lose 30 pounds."	, 3:27 PM	Practice
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What are the most important things (good and bad) happening in your life right now?	program to gain more ene	rgy and to lose 30 pounds."
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In what ways would you like your life to be different one year from now? Be specific.

			ice		
What is getting in the way of these goals?					
How might you sal	ootage yourself as yo	u work toward yo	ur goals, or how mi	ight you sabota	
me as your coach?					
List at least three t	hings you procrasting	ate at the things	s that you've been p	outting off.	
What, if any, are yo	ur concerns about co	eaching?			
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Rate the level of st	ress in your life curre	ntly (1 being low			
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What would you like me	to do if you get behind in progress toward your goals?
How do you like to be su	ipported or held accountable?
now do you like to be su	pported of field accountable:
	e me to know about you?
What else would you like	. The to know about you.
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Built with Practice