



# 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:**

**If 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 exercise program to gain more energy and to lose 30 pounds."**

**What are the most important things (good and bad) happening in your life right now?**

**In what ways would you like your life to be different one year from now? Be specific.**

**What is getting in the way of these goals?**

**How might you sabotage yourself as you work toward your goals, or how might you sabotage me as your coach?**

**List at least three things you procrastinate at -- the things that you've been putting off.**

**What, if any, are your concerns about coaching?**

**Rate the level of stress in your life currently (1 being low and 5 being maxed out)**

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

**What are some of your primary stressors currently?**

**Why did you select me as a coach?**

**What would you like me to do if you get behind in progress toward your goals?**

**How do you like to be supported or held accountable?**

**What else would you like me to know about you?**

