

Olympia Life Coach Center

1421 E Harper Ave Marryville, TN 37804 (865) 982.9911
Olympialifecoachcenter.com | Olympiasalon@yahoo.com

CLIENT SELF-ASSESSMENT FORM

Tell me something about yourself that you think I should know to coach you better?

GETTING COACHED

What influenced your decision to work with a coach?

Have you ever been coached? If so, please describe the experience.

What specific goals would you like to discuss/accomplish in the first 3-6 months of our coaching relationship?

What are your long-term goals? (*i.e., 1-3 years in the future*)

Do you have any significant commitments?

What accomplishment in your life are you most proud of?

What would the "perfect life" look like for you?

What are your dreams, and have you tried to fulfill them? Where you successful? Why/why not?

What dreams have you given up on?

What parts of your life are working best right now?

What parts of life are working least well?

What stops you from having the life you want to have?

What (or where in your life) would you like to focus on first?

Is there other important information you want me to know?

What is one step you could take this week that would move you closer to your goal?

What do you do to recharge your batteries or give yourself a sense of optimism?

What is one thing (or two) that is getting in your way of moving forward?

What tips would you give me to help motivate you?

How many hours per week do you plan to devote to accomplishing your goal?

What steps have you taken, or will take, to accomplish your goal?

Who else needs to be involved in your transition to accomplishing your goal?

What else would you like me to know?

If you could live 5 different lives, maybe of famous people, or naynow, who would it be and why?

1. _____
2. _____
3. _____
4. _____
5. _____

What qualities in those people do you like that you'd like to learn or incorporate into your own self?

On a scale of 1-10 (10 being the happiest), how are you making yourself, your spouse (or significant other), your children (if applicable), your employer, your customers, co-workers, and others happy?

How much time do you devote each day/week/month/year to working on your own stuff and getting you closer to your dream or ideal life style?

What is one thing missing from your life right now? How long has it been missing? Do you want to do anything about it? Have you? Any success?

TELL ME MORE ABOUT YOURSELF

I'm in a time of transition and I need to focus on what's next ... *or else I'm going to be _____?*

I need to learn how to deal with money ... *or make some!*

I'm ____ (age) and still don't know what I want to do ... *when I grow up!*

I need to take better care of myself. Here's why, and how I'd like to do just that ...

I want to attract a lasting relationship and/or enhance my relationship(s). I need help here ...

I'm frustrated trying to blend the life I want with the career I'm in ...

I want to learn about me ... what my strengths are ... what my weaknesses are ...

I want to improve my health ... specifically, in this area (and others) ...

I'm stuck in certain / many areas of my life. Here's where ...

I want to stop pulling the rug out from under myself whenever I get close to success.

I want to learn how to focus on my goals and clarify what I want. I have a problem with ...

I want to move away from concentrating on my problems to overcoming them.

I have been too preoccupied with my work and want to find a way to be more balanced so I can discover the rest of my life.

It seems like everyone else does o.k. and can be satisfied to go along with things the way they are. Why can't I?

I feel as though something vital is missing from my life.

I want to put my dreams into action, but I need help / I don't know where to start. How true is this?

Describe your support system - your personal "community." These are the people that are there for you – family, friends, mentors, support groups, growth groups, etc.

Do you believe in God or in the concept of a higher power? If so, describe the most useful and empowering aspects of your relationship with God.

Are you now or have you ever been in counseling or therapy? If yes, please explain.

Do you have any insecurities about coaching? If so, what are they?

Is there anything else that would be helpful for me to know?

Are you **READY** to get started coaching with me? How **EXCITED** are you to get started?

**PLEASE SEND YOUR COACH THIS "CLIENT INTAKE FORM"
VIA EMAIL, MAIL OR DELIVER IT IN-PERSON AT
LEAST 3-5 DAYS "BEFORE" YOUR "FIRST" SESSION!!!!**