

# Life Coaching Intake Form PDF

## Client Information

Full Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

## Personal Goals

What are your top three life goals?

\_\_\_\_\_

What obstacles are currently preventing you from achieving them?

\_\_\_\_\_

How long have you been working toward these goals?

\_\_\_\_\_

## Motivation & Mindset

How do you stay motivated when things get tough?

\_\_\_\_\_

What do you believe is your greatest strength?

\_\_\_\_\_

## Action Plan

What actions have you taken to work toward your goals?

\_\_\_\_\_

What additional support do you need to succeed?

\_\_\_\_\_

## Final Thoughts

Is there anything else you'd like to discuss during the coaching sessions?

\_\_\_\_\_