



New Client Intake Form

1. What was the catalyst that inspired you to contact a life coach?
2. What is it that's not allowing you to live/be your best self?
3. If you could design the life you'd most like to lead, what would you be doing?
4. What are you willing to let go of to be successful?
5. What do you think you'd like to focus on first?
6. How will your life be different when you attain/maintain your goal(s)?

Printed Name

Signature

Date