



UNTANGLED
roots
TRANSFORMATIONAL LIFE COACHING

INTAKE FORM

1. Client Name(First and Last): _____

2. Complete Address: _____

3. Email: _____

4. Phone number: _____

5. Preferred Method of Contact: (please check all that apply)

phone text email

6. Please state 2-3 changes you would like to make in your life in the next year?

7. What short term goals would you like to achieve in the next 3-6 months?

8. On a scale of 1-10, 10 being the happiest, where would you rate your current happiness level? _____

9. What are 3 things that you feel are hindering you from [happiness, fulfillment, feeling motivated, etc]?

10. Where do you see yourself 6 months to a year from now, when this program is over? What do you think it will take to get there?

11. Name any interests or hobbies you enjoy:

12. What do you feel are your best qualities?

13. Is there any quality that you have not listed above which you would like to improve? Please describe or list these qualities below.

14. What do you want your future to look like?

15. How do you think coaching can help you achieve the future you desire?

16. What do you do when you're stressed out?

17. What do you find helps you when you are struggling to move forward? Is there an approach or tactic that works best to help get you going?

18. Anything else you'd like to share?

Kristin Nelson
Certified Life Coach
Untangled Roots