



ByersPlace Coaching

Client Information

Date: _____

Full name: _____

Preferred name: _____

Address: _____

Email: _____ Cell phone: _____

Marital Status: _____ Spouses Name: _____

DOB: _____ Anniversary Date: _____

Names and ages of children: _____

Pets names: _____

Occupation: _____ Employer: _____

Have you met with a Life Coach before? Yes / No

How did you hear about ByersPlace Coaching? _____

What is your motivation to hire a coach? _____

What areas can we best coach you in? (Examples: encouragement, accountability, discovery, challenging, processing, etc.) _____

Do you have a personal mission statement or vision? If so, what are they? _____

What would you consider to be your top three core values? _____



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What do you hope to accomplish during our time together? _____

On a scale of 1 – 10, how open are you to making changes in your life?

Not very---1-----2-----3-----4-----5-----6-----7-----8-----9-----10-----extremely.

Please explain your score. _____

Describe a great day. _____

List things you like to do:

List things you don't like to do:

What motivates
you? _____

What negative attitudes, self-talk or beliefs block your progress? _____
