

# Life Coaching Private Client Questionnaire

When complete, e-mail to: [valerielove@LiveYourDestinyToday.com](mailto:valerielove@LiveYourDestinyToday.com)

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

Phone: \_\_\_\_\_ 2nd Phone: \_\_\_\_\_

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

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

E-mail: \_\_\_\_\_

Please answer the following questions honestly. We encourage you to enjoy a quiet time of prayer and contemplation before completing this form.

1. Why are you seeking coaching now?

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2. What do you believe life coaching will accomplish in your life?

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3. What have you done thus far to improve/resolve the issues you are currently facing?

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4. The coaching offered is spiritual life coaching. What is your current spiritual practice?

Rate your feelings, thoughts, and beliefs as it pertains to each of the following on a scale of 1 to 10 with 1 being not at all and 10 being all the time:

	<b>Not at All</b>										<b>Always</b>
1. I feel there is a purpose for my life that I'm just not living.	1	2	3	4	5	6	7	8	9	10	
2. I feel happy and joyful most of the time.	1	2	3	4	5	6	7	8	9	10	
3. I make time to do the things I really want to do.	1	2	3	4	5	6	7	8	9	10	
4. I give in to others in my life to keep the peace, even when I don't agree or don't want to do what they are asking.	1	2	3	4	5	6	7	8	9	10	
5. I am thankful for how my life is currently unfolding.	1	2	3	4	5	6	7	8	9	10	
6. I believe that I am living my passion and purpose in life.	1	2	3	4	5	6	7	8	9	10	
7. I have difficulty expressing how I really feel.	1	2	3	4	5	6	7	8	9	10	
8. I experience negative self-talk, doubt, fear and pessimism.	1	2	3	4	5	6	7	8	9	10	
9. I am able to keep myself upbeat most of the time.	1	2	3	4	5	6	7	8	9	10	
10. When I get upset, I frequently think that the reason for my upset is what other people are doing to me in that moment.	1	2	3	4	5	6	7	8	9	10	
11. I feel intimidated by certain people in my life right now.	1	2	3	4	5	6	7	8	9	10	
12. I have many things that are out of order in my life & home.	1	2	3	4	5	6	7	8	9	10	

*Thank you for being honest, heart centered and willing to move forward.  
Blessings!*