

Royal Life Coaching

Date ___/___/___

Intake Process and Questionnaire

Name: _____ Date of Birth: ___/___/___

Cell #: (____) ____ - ____ Email: _____

Session Fees: \$75 per 60 Minute Session or Agreed Upon Set Packages

As your coach, it's important for me to understand how you view the world in general and yourself in particular. Each person has a unique way of thinking and a unique way of interacting with those around themselves.

Answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. Thank you.

Energy and Passion

1. Where do you get your energy?

- _____
- _____

2. What motivates and turns you on?

- _____
- _____

3. What are you passionate about?

- _____
- _____

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Emotion

4. What moves you to tears of Joy?

• _____

5. What moves you to tears of Sorrow?

• _____

Pleasure

6. How do you like to enjoy yourself?

• _____

7. What do you enjoy doing?

• _____

• _____

Stress Release

8. What do you find works for you to release stress?

• _____

• _____

Responsibility

9. Where are you likely to be most irresponsible?

• _____

• _____

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Control

10. What emotion (anger, fear anxiety, etc) makes you feel most out of control?

- _____
- _____

Sabotage

11. How might you sabotage your coaching progress and our professional relationship?

- _____
- _____

Results

12. How will you know how effective our coaching has been?

- _____
- _____

Coaching Preference

13. How can I best coach you? For instance, do you like lots of structure or things done informally or a mix of both?

- _____

Learning Style

14. Do you find you learn best predominantly by listening, seeing or doing, or an equal combination of all three?

- _____

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Goals

15. Do you understand that I support YOU, not just your goals?

- _____

Values

16. What are your values, the things in life that are really important to you? If you are not sure of this, we can discover them as part of your coaching process.

- _____

Business and Career Opportunities

17. What business or career opportunities are you currently not making the most of?

- _____
- _____
- _____

Personal Aspirations

18. What are three personal desires you are currently not pursuing?

- _____
- _____
- _____

Poor Relationships

19. Is there anyone in your life who is constantly putting you down, making you feel inadequate or who you feel you have to tread carefully around?

- _____

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Challenges

20. What is the biggest challenge you have in your life right now?

- _____
- _____
- _____

Priority

21. What is your most urgent problem?

- _____
- _____

Client Printed Name: _____

Client Signature: _____

Date Signed: ____/____/____