

CLIENT APPLICATION FORM

PERSONAL INFORMATION:

Last Name: First Name: Middle Name:

Date of Birth: Day Month Year Marital Status: Education:

Gender: Male Female Not listed Prefer Not to Answer

Address: House No. Street Name City State Zip Code Country

CLIENT GOALS

Please answer the following questions to the best of your ability.

Question 1: What are your long-term goals for the next five years?

Answer:

Question 2: What are your short-term goals for the next three months?

Answer:

Question 3: What are three things that you feel are hindering you?

Answer:

Question 4: What do you value most in your life right now?

Answer:

Question 5: Where do you see yourself in [x] years, when coaching is over?

Answer:

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CLIENT PERSONAL HISTORY

Please answer the following questions to the best of your ability.

Question 1: What has your biggest success been so far, and what did you do to accomplish it?

Answer:

Question 2: What has your biggest challenge been so far, and how did you deal with it?

Answer:

Question 3: What have you already done to move toward your goals?

Answer:

Question 4: What things have hindered you and made it hard to reach your goals?

Answer:

Question 5: Who has been important in supporting you so far?

Answer:

Question 6: On a scale of 1 – 10, 10 = HIGH, what is your current level of stress?

Answer:

Question 6: On a scale of 1 – 10, 10 = HIGH, how would you rate the quality of your life today?

Answer:

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CLIENT COACHING PREFERENCES

Please answer the following questions to the best of your ability.

Question 1: What motivates you, and what deters you from trying?

Answer:

Question 2: Do you prefer video calls or old-fashioned phone call sessions?

Answer:

Question 3: How do you respond to feedback (both negative and positive)?

Answer:

Question 4: How frequently do you feel you need to review your progress to stay on track?

Answer:

Question 5: What methods help learn most effectively?

Answer:

Question 6: How can I best support you throughout this relationship?

Answer:

Please email your application form to info@fiercelyoptimistic.com once completed.