



CLIENT INTAKE FORM

List 3 habits in your life that contribute to your successes.

- 1.
- 2.
- 3.

List 3 habits that are holding you back from creating the life you want.

- 1.
- 2.
- 3.

I would rate my stress level as: (1 being no stress and 10 being consistently stressed)

1 2 3 4 5 6 7 8 9 10

On Average I get _____ hours of sleep a night.

I want to eliminate the following tolerations (what I'm putting up with in my life now).

- 1.
- 2.
- 3.

I want to accomplish the following measurable or observable results.

- 1.
- 2.
- 3.

**At this point, I think that I'd like to make these fundamental changes or shifts
What I want and need most from you, as my coach, includes**

Also, I want you to know that