

Intake Form

Name: _____ Date: _____

Address: _____

_____ Postal code: _____

Phone: _____ Mobile: _____

E-mail: _____

As 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 him or her.

Answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These are "pondering" questions designed to stimulate your thinking in a particular way that will make our work together even more productive.

I suggest that you take several days to compose your responses to these questions.

Q1 What do you want to make sure you get from the coaching relationship? (maybe write down 2 or 3 things that occur to you)

Q2 What are the main goals you want to work on?

Q3 What can I say to you when you are most "stuck" that will return you to action?

A large dashed rectangular box for writing the answer to Q3.

Q4 What do you want most from your career / job?

A large dashed rectangular box for writing the answer to Q4. In the center of the box, the text "evercoach by mindvalley" is displayed in a light gray, semi-transparent font.

Q5 What skills or knowledge would you like to develop?

A large dashed rectangular box for writing the answer to Q5.

Q6 How do your career goals support your personal goals?

A large dashed rectangular box for writing the answer to Q6.

Q7 What support do you need most right now on your career?

A large dashed rectangular box for writing the answer to Q7. In the center of the box, the text "evercoach by mindvalley" is displayed in a light gray, semi-transparent font.

Q8 What accomplishments must, in your opinion, occur during your lifetime so that you will consider your life to have been satisfying and well lived?

A large dashed rectangular box for writing the answer to Q8.

Q9 What are you most passionate about?

A large dashed rectangular box for writing the answer to Q9.

Q10 What is the impact you would like to make in your community / your country / the world?

A large dashed rectangular box for writing the answer to Q10. The box contains a large, light gray watermark logo that reads "evercoach by mindvalley".

Q11 Write down 2-3 things that are really working well for you right now.

A large dashed rectangular box for writing the answer to Q11.

Q12 What do you do when you feel pressure, anxiety, or stress?

A large dashed rectangular box for writing the answer to Q12.

Q13 If money and time were not an issue, what would you love to create in the next 5 years?

A large dashed rectangular box for writing the answer to Q13. In the center of the box, the text "evercoach" is written in a large, light grey font, with "by mindvalley" in a smaller, light grey font below it.

Q14 What's missing in your life? What would make your life more fulfilling?

A large dashed rectangular box for writing the answer to Q14.

Q15 Who are the most significant people in your life?

A large dashed rectangular box for writing the answer to Q15.

Q16 What have been some of the most significant events that have shaped your life? (Describe your top 3)

A large dashed rectangular box for writing the answer to Q16. The box contains a large, light gray watermark logo for "evercoach by mindvalley".

Q17 Tell me about a time when you were operating at "peak performance", when things were going well for you, you were "on top of your game", you were pleased with what you were doing or accomplishing. What was going on? Who else was involved? How did you feel? (This is no time for modesty – share openly and deeply, like you were on top of the world!)

A large dashed rectangular box for writing the answer to Q17.

Q18 Is there anything else you want me to know about you?

A large dashed rectangular box for writing the answer to Q18.

Q19 What is your Love Language? (Please refer to [5lovelanguages.com](https://www.5lovelanguages.com))

A large dashed rectangular box for writing the answer to Q19. The box contains a large, light gray watermark logo that reads "evercoach by mindvalley".

Q20 What is your Myers-Briggs? (Please refer to [16personalities.com](https://www.16personalities.com))

A large dashed rectangular box for writing the answer to Q20.