

Taylor Made Coaching
Your First Step to Lasting Change

Getting to Know You

Before we begin, please take a moment to share some information about yourself. This will help me tailor our coaching sessions to your goals, preferences, and lifestyle. All responses will be kept confidential, and you're welcome to skip any questions you prefer not to answer. Be sure to return the form **at least 24 hours** before your first coaching session.

Personal Information

Date:

Name:

Address:

Phone:

Email:

Occupation:

Birthday:

Family and Support *(This information helps me better understand your responsibilities and support systems. Share whatever you feel comfortable sharing.)*

Marital Status:

Number of Children:

Household: (children, roommates, dependents, pets, etc.)

Who do you consider part of your main support system? (family, friends, community, etc.)

Are there any family circumstances that I should be aware of to understand your needs better?

Coaching Goals

Why are you interested in coaching?

Have you worked with a coach before?

What areas of your life would you like to focus on? (Personal/professional growth, relationships, discipleship/spiritual growth, ministry leadership, life transitions, goals, or even a dream you're ready to pursue, etc.)

What would success look like for you at the end of our coaching journey?

Strengthens and Values *(Take a moment to reflect on your strengths, values, and areas for growth.)*

What three qualities or strengths do you like most about yourself?

What areas of your life currently feel most challenging?

What are your 5 most important values?

Which personal qualities or character traits are you hoping to strengthen or develop through coaching?

Personal Preferences *(Think about what motivates you and how your routines and habits affect your energy and focus.)*

What helps you stay motivated and energized day to day? (activities, values, social settings, diet/exercise, etc.)

What activities, environments, or routines drain your energy or leave you feeling stressed, overwhelmed, or distracted?

How do you best process – internally or externally? What type of accountability, if any, do you prefer?

Are you aware of any behaviors, patterns, or beliefs that stand in the way of you achieving your goals?

If You Could *(Relax, dream without limits, and have fun.)*

If you could design your perfect day, what would it look like?

If you could instantly master any skill or talent, what would it be and why?

If you could give your younger self one piece of advice, what would it be?

Is there anything else you'd like me to know before we get started?

Thank you for sharing a bit about yourself! I'm excited to get started and look forward to celebrating your growth and progress.