

Life Coach Intake Form

Michelle Mangini – HeartMath / Life Coaching

Contact Information

Full Name: _____

Date of Birth: _____

Phone Number: _____

Email Address: _____

Preferred Contact Method: ☐ Phone ☐ Email ☐ Text

Address (optional): _____

Getting to Know You

1. Why are you seeking Life Coaching at this time?

(Please describe what brought you here and any specific areas you're hoping to work on.)

2. What are your top 3 personal or professional goals right now?

(These can include emotional, physical, career, relationship, or spiritual goals.)

1. _____

2. _____

3. _____

3. What challenges or obstacles are currently holding you back?

4. What are your top needs and wants from life coaching?

(e.g., clarity, motivation, accountability, stress reduction, life balance, healing, transformation, etc.)

5. What is your ideal outcome from working with a life coach?

Timeframe & Commitment

1. How much time are you willing to invest in this process?

☐ Weekly Sessions ☐ Bi-weekly Sessions ☐ Monthly Sessions ☐ Unsure – Let's discuss

2. In what timeframe would you ideally like to reach your goals?

■ 1–3 months ■ 3–6 months ■ 6–12 months ■ Longer-term journey

3. How committed are you to making positive changes in your life?

(Scale of 1–10, with 10 being fully committed)

Your commitment level: ____ / 10

Anything Else You'd Like to Share?

Client Signature: _____

Date: _____