

Client Name: _____

Date: _____

Client Profile Form

with Beverley Giuffre

Life Purpose

- Sketch out what you know of your own life purpose. What were you created to do in this life!?

- How well does your current life fit into what your life's purpose is and natural strengths?

- What are some important dreams that you would like to pursue in the next five to ten years?

Values and Priorities

- What is most important to you in life right now?

- List at least five important strengths you use often and three weaknesses:

- What is best about you? List five things you love about yourself.

- What major changes have taken place in your life in the past six months?

Needs

- Right now I feel the greatest need for: _____

- I want to build on these strengths of increase these skills: _____

- The two things that sap my energy that I most want to remove from my life are: _____

- The place I feel stuck is: _____

Coaching Agenda

- I want to explore these possibilities in our first session or two: _____

- I want to build on these strengths or increase these skills: _____

- I want to be challenged to grow in this area: _____

- I want to be changing my thinking patterns or beliefs around: _____

- What I most desire from my coach is: _____
