



# Client Goal Setting Questionnaire

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## CLIENT INFORMATION

**Name**

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**Title**

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**Email**

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**Phone**

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## BUSINESS INFORMATION

**Business Name**

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**Business Size**

**Industry**

Please include any attachments (e.g., photo, statement, report, etc.) that would help us better understand your needs.

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## HOW CAN WE HELP YOU?

Which of our services are you interested in?

**Services:**

Tell us about other services you need and how we can best serve you:

## Description

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What are some goals you would like us to help you achieve?

### Goals

Lifestyle management

Financial

Personal growth

Career/Business

Behavioural management

Family/Friends

Fun/Leisure

Home

Faith

Other

Provide responses to each statement: 1 (strongly agree) to 5 (strongly disagree)

\_\_\_ I feel that I am capable of having the life I really want.

\_\_\_ I am open to experimenting with new ways of doing things in my life.

\_\_\_ I am willing to be disciplined and follow through with my commitments.

\_\_\_ I am a positive person.

\_\_\_ I hold myself fully accountable for the results I create in my life.

\_\_\_ I have a clear vision for my life and what I am committed to accomplishing.

\_\_\_ I do well when working with others.

\_\_\_ I live with a high level of integrity.

\_\_\_ I am supported by people in my life and they are committed to my success.

\_\_\_ I am committed to my own personal growth and am willing to invest the necessary time and energy to achieve it.

\_\_\_ When I experience a setback in my life or career, I am able to bounce back quickly.

\_\_\_ I am able to receive support and contribution from others.

**What influenced your decision to seek the help of a professional life coach?**

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**Have you ever worked with a professional life coach before? If so, please describe your experience.**

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**What part of your life is working well?**

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**What part of your life could be working better?**

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**What are some obstacles that might keep you from achieving your goals?**

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**What are your values? What are some of the most important things to you?**

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**What does success mean to you?**

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**If you knew you wouldn't or couldn't fail, what would you choose to pursue right now?**

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**What is your biggest fear?**

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**What is the one thing about yourself you seem to always complain about?**

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**What is your biggest personal strength? The one thing you pride yourself on?**

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**What is your biggest weakness? The one thing you believe could improve your life or career?**

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**What do you want to focus on first in your work with me?**

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**HOW DID YOU HEAR ABOUT US?**

**Method**

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