

Braveheart Journeys, LLC

Client Intake

Client Name: _____ **DOB:** _____ **Date:** _____

Email: _____ **Phone:** _____

Emergency Contact (name & phone): _____

1. What inspired you to seek coaching at this point in your life? _____

2. What areas of life would you most like support with?

- Life transition
- Personal growth
- Relationships
- Confidence / self-worth
- Work / career direction
- Finding purpose or direction
- Other: _____

3. What would a successful coaching experience look like for you? _____

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4. What are your strengths? _____

5. What challenges or obstacles have been preventing you from reaching your goals?

6. What is one goal you would like to work toward over the next few months? _____

7. Is there anything important you would like me to know before we begin? _____
