



A WARM
WELCOME
TO YOU

The image features a top-down view of a white desk with various yellow-themed office supplies. In the top left, a portion of a silver keyboard is visible. At the top center is a small yellow spiral-bound notepad. To the top right is a small potted plant with green leaves. On the right side, there are several yellow paper clips and a yellow pen. In the bottom right, there is a larger yellow spiral-bound notepad and a pile of yellow paper clips. The bottom left corner shows a white cup of orange juice. The entire scene is set against a clean, white background.



PLEASE COMPLETE THE FIELDS
BELOW IN CAPITALS

Full Name:

Preferred Name/Nickname:

Address:

Date Of Birth:

Phone Number & Country Code:

Work and position:

Marital status:

No of children and age:

1.What is your main reason for beginning coaching?

2.What are your current top 3 challenges and why?

3.What is your ideal future self like?
Go into details (feelings, posture, beliefs, visions...)
using the present tense

4. Describe your relationship with your thoughts/mind

5. Describe your life as it is now

6.What are your unhelpful beliefs?

7.What do you need to stop/do less of...to make progress?

8.Describe any negative patterns that are currently present in your life

9.What are YOUR goals for our time working together?



LIFE QUIZ

HOW ARE YOU FEELING ABOUT THE FOLLOWING AREAS IN YOUR LIFE?
SCORE YOURSELF FROM 1 TO 10 FOR EACH OF THEM :
1 BEING EXTREMELY DISSATISFIED AND 10 BEING EXTREMELY SATISFIED

AREAS	RATING 1-10
Love in an intimate relationship (your happiness, feelings etc..) Any comments:	
Your finances (your wealth, your beliefs about finances etc..) Any comments:	
Your career (your love for your work, your business) Any comments:	
Your Health (mental, physical, current state, are you satisfied?) Any comments:	



LIFE QUIZ

AREAS	RATING 1-10
Your home (sense of security, owning a house, quality of your home) Any comments:	
Your family (your interactions, children, direct/indirect family) Any comments:	
Social interactions (friends, connections, interactions with strangers) Any comments:	
Your confidence (expressing yourself, your beliefs, self-worth) Any comments:	



LIFE QUIZ

AREAS	RATING 1-10
Your fitness level Any comments:	
Your sex life (how happy are you with your sex life) Any comments:	
Your creativity (expression, building, making, finding new ways) Any comments:	
Your weight/size and body image Any comments:	



LIFE QUIZ

AREAS	RATING 1-10
Your boundaries with the people around you Any comments:	
Living passionately, living with a sense of purpose Any comments:	
Contribution (helping someone, supporting a charity etc...) Any comments:	
Self-care (time for yourself, act of love) Any comments:	



LIFE QUIZ

AREAS	RATING 1-10
Stress and anxiety levels Any comments:	
Your organisation skills Any comments:	
Motivation and Drive Any comments:	
Fun and leisure in life (holidays, going out, having a break, having a laugh) Any comments:	



LIFE QUIZ

AREAS	RATING 1-10
Hobbies, what you enjoy doing Any comments:	
Time management, life balance Any comments:	
Life goals (big or small) Any comments:	
Education (reading books, seminars, courses) Any comments:	



LIFE QUIZ

AREAS	RATING 1-10
Love for yourself Any comments:	
Relationship with strangers (communicating, meeting new people) Any comments:	
Nutrition/water intake Any comments:	
Energy level Any comments:	



LIFE QUIZ

AREAS	RATING 1-10
Sleep quality and quantity Any comments:	
Level of presence in the here and now Any comments:	
Anger level Any comments:	
General Happiness Any comment and additional comments:	



THANK YOU!

Scan the pages when you are finished by either using an actual scanner or taking clear pictures with your phone.

If you are a computer note taker- feel free to type the answers into a doc and email back to me.

hello@sabrina-hall.com

"Be the change you want to see in the world"

Mahatma Gandhi