

Personal Development Coaching Initial Assessment

Please complete this form before your first coaching session.

Client Name

1. Background & Context

1. Briefly describe your current life situation (career, personal life, health, etc.).

2. What motivated you to seek coaching at this time?

3. Have you ever worked with a coach before? If yes, what was your experience like?

2. Vision & Goals

4. If you could design your ideal life in the next 12 months, what would it look like?

5. List 3 top goals you want to work on during coaching.

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6. How will you know you have succeeded in achieving these goals?

3. Values & Motivators

7. What values guide your decisions and actions in life?

8. What inspires or motivates you to take action?

4. Strengths & Resources

9. What do you consider your greatest strengths or skills?

10. Who or what in your life provides support when you need it?

5. Current Challenges

11. What are the biggest obstacles or challenges you are facing right now?

12. What has held you back from achieving your goals in the past?

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6. Habits & Mindset

13. On a scale of 1-10, how satisfied are you with your current life?

14. What habits or patterns would you like to change?

15. How do you typically respond to stress or setbacks?

7. Commitment & Expectations

16. How much time and energy are you willing to invest in your personal growth right now?

17. What do you expect from me as your coach?

18. How would you like to be held accountable?

Gentle reminders

Structured deadlines

Regular check-ins

Other

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7. Commitment & Expectations (continued)

19. Are you prepared to make the necessary financial investment in yourself to achieve your goals?

Yes - fully committed

Yes - with payment flexibility

Unsure - need to discuss further

8. Additional Notes

20. Is there anything else you would like me to know before we begin?

Signature