

# Getting to Know You

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Put some thought into your answers to the following questions. This information will assist me in understanding you and your needs.

Full name:

Street Address:

City/State/Postal Code:

Day Phone:

Evening Phone:

E-mail:

Birthday:

Occupation:

Nature of Business/Position:

Referred By:

## Background

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1. What should I know about your background or history that you believe will help me understand you and allow me to better support you.
2. What motivates you?
3. What habits, activities, or thoughts processes do you believe need to be dropped, simplified or let go of, in order to truly move forward, quickly?
4. Is there anything else I should know? (e.g. are you currently in therapy, on medication, in a Twelve Step program, etc.?)

## Your goals

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Working with a coach usually generates accelerated personal growth. Most clients use a coach to accomplish several specific goals.

1. What are the 1-3 most important things you'd like to accomplish as we work together over the next 90 days? Please be very specific.
2. What change in you needs to take place so you can accomplish these objectives?
3. What, if anything, is likely to get in the way or prevent you from accomplishing any of these things?
4. What's the most important thing you need from me as we work on these objectives?