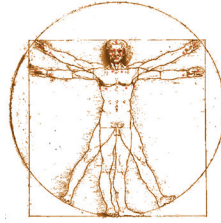


NAME: \_\_\_\_\_

REFERRED BY: \_\_\_\_\_



## Client Questionnaire

As your Energy Coach, it is important for me to understand who you are, what you value, and how approach life. As such, I developed this questionnaire with a variety of “pondering”- type inquires designed to promote exploration about what you really want out of life and your time with me. Please set aside a time to thoroughly consider these questions, then prior to our initial session, email them back to [inquiry@humanadvancementcenter.com](mailto:inquiry@humanadvancementcenter.com) or mail them to me. Don't feel like you have to answer every question—but use the back of the page if you do run out of lines!

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone Day: \_\_\_\_\_ Telephone Eve: \_\_\_\_\_

Telephone Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

Best time/place to reach you: \_\_\_\_\_

**1) Why have you hired me?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2) What are the primary short-term goals that you want to focus on in the next 90 days?  
(Please indicate the date by which you would like to achieve each goal.)**

Goal 1: _____	Date: _____
Goal 2: _____	Date: _____
Goal 3: _____	Date: _____
Goal 4: _____	Date: _____
Goal 5: _____	Date: _____

**3) What long-term goals do you want to focus on in our coaching? (Only chose things you really want, not what you feel you should do!)**

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**4) What would you like to do or accomplish during your lifetime (personally or professionally), in order to consider your life well lived, with few or no regrets?**

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**5) What is your passion in life or what makes you happiest?**

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**6) What are your favorite pastimes? (Name at least 5)**

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**7) What motivates you or gives you energy? (i.e., deadlines, caffeine, your values, meditation, exercise, nature, status, adrenaline, etc)**

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**8) What do you consider to be your personal and/or professional strengths?**

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9) What are 5 things in your personal/professional life, past or present of which you are most proud?

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10) Are you aware of any behaviors/beliefs/iimpulses that stand in the way of you achieving professional/personal success and having the life you really love?

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11) Tell me anything else I should know about you in order to coach you effectively.

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12) Are you currently taking anti-depressants? \_\_\_\_\_

13) How will you know that our coaching has been effective?

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Thank you for taking the time to think this through!

Our sessions will be much more productive.

I look forward to working with you!

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