

LIFE BUILDERS COACHING, LLC.

Dan Lundblad, Life Coach

“GETTING TO KNOW YOU” PERSONAL INFORMATION FORM

Life coaching is more effective and efficient if you can provide some information about yourself at the beginning. This is confidential information and you are free to pass on any of the questions.

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Name:

Name you like to be called:

Address:

Phone: (Home)

(Work)

Phone: (Mobile)

(Fax)

E-mail address:

Occupation:

Employer name:

Date of birth:

Marital status:

Spouse:

Names and ages of children:

Name

Age

Name

Age

Name

Age

Name

Age

Why do you want coaching at this time in your life?

In the space below, write a brief life story. Use extra paper if you wish. How did your family of origin prepare you for life today? In what areas were you unprepared?

Describe your spirituality. What is your relationship with God? In what ways do you sense God might be challenging you, nudging you in a different direction, or trying to get your attention?

What are the most important things (positive and challenging) happening in your life right now?

In what ways would you like your life to be different one year from now? Be specific.

If you had a five-year goal and the continuing services of a coach to help you make it happen (and money were not an issue), what would that goal be? What difference would working with a coach make?

What's getting in the way of these goals?

What accomplishments do you think must occur during your lifetime so that you will consider your life to have been satisfying and well lived – a life of few or no regrets?

If there were a secret passion in your life, what would it be?

If you could devote your life to serving others – and still have the money and lifestyle you need – would you do it? How would it look?

If you trusted me enough as your coach to tell me how to manage you most effectively, what tips would you give?

What would make your life more fulfilling?

**D. Lundblad, Life Coach
2-4-08**