

Intake Form

This Intake Form asks for basic contact information and contains a questionnaire. Please give yourself at least 30 minutes to complete this form.

* Indicates required question

1. **Email ***

2. **Name (First & Last) ***

3. **By scheduling coaching appointments with Seek Jesus Grow, LLC, * using Our Website, or otherwise utilizing Our Services, You agree to our [Privacy Policy](#), [Terms and Conditions](#), and [End User License Agreement](#). If You do not agree with any part of these Terms, then please discontinue use of Our Services.**

Within these Terms, I would like to highlight that I only work with women aged 18 and older, and all appointments are recorded for security purposes, in order to protect against malicious, deceptive, fraudulent or illegal activity, and to prosecute those responsible for such activities.

Check all that apply.

I have read, understand, and agree to Seek Jesus Grow, LLC's Terms and Conditions, End User License Agreement, and Privacy Policy. Specifically, I understand and agree that all appointments will be recorded for security purposes, and I certify that I am a woman aged 18 or older.

4. Phone Number

INTAKE QUESTIONNAIRE

Please answer these questions to the best of your ability. The more information I have, the better I can help you! Also, note that some of these questions are designed to be open-ended. Share what you feel pulled to share. Don't stress about answering "perfectly" or "correctly" -- for this, there is no such thing.

If you are uncomfortable answering any of the questions below, feel free to leave them blank.

PROBLEM INVENTORY

5. Why are you seeking coaching?

6. If you are experiencing a problem(s), how long has it been going on?

7. If you are experiencing a problem(s), have you tried to fix it in any way? What was helpful? Unhelpful?

8. Have you had previous coaching experiences? Did you seek help for your current problem(s) or something else? What was helpful? Unhelpful?

9. **Check if any of the following are problem areas for you: (Check all that apply)**

Check all that apply.

- Stress / Anxiousness
- Anger
- Bitterness
- Boundaries / Difficulty Saying "No"
- Eating Habits
- Sleeping Habits
- Exercise Habits
- Goal Setting
- Spirituality
- Career Stress, Satisfaction, or Burnout
- Work-Life Balance
- Setting Aside Time for "Me"
- Perfectionism
- People Pleasing
- Lack of Forgiveness of Self
- Lack of Forgiveness for Others
- Feelings of Judgment, Pressure, or Expectation
- Identity Problems
- Self Esteem
- Other: _____

PERSONAL INVENTORY

10. **On a scale from one to ten, how direct should I be when straight-up truth is needed?**

Mark only one oval.

1 2 3 4 5 6 7 8 9 10

Be c I love total honesty.

11. **List some words that describe you in general.**

Ex: Active, ambitious, self confident, self conscious, persistent, hardworking, lazy, busy body, impatient, impulsive, moody, often sad, fearful, excitable, imaginative, calm, serious, easygoing, shy, good-natured, introvert, extrovert, people pleaser, idealist, likable, leader, quiet, tough, submissive, sensitive, nurturing, workaholic, fixer of relationships, antsy, deep thinker/reflective, visionary, perfectionist, over thinker, difficulty setting boundaries, often hurt by others' boundaries

12. **List some words that describe you *right now*. Note especially if there is anything different than your answers above.**

13. **How would you describe your sleeping, exercising, and eating habits?**

14. **Have you experienced any difficult events in your life? If you are comfortable, please explain.**

15. **Do you believe in God? Where are you spiritually?**

16. **List anything you do that brings you peace or joy.**

17. **List three ways your life would be different if coaching is successful.**

18. **If coaching is successful, how will you be a different person than you are now?**

FAMILY BACKGROUND

19. **Is your father alive? Your mother? Tell me about them, whether biological or adopted.**

20. Was your parents' marriage unhappy, average, happy, or very happy? Feel free to elaborate.

21. Tell me about your siblings, if you had/have any. Are they older than you? Younger? How did you get along? How do you get along?

22. Was your childhood unhappy, average, happy, or very happy? Feel free to elaborate.

RELATIONSHIP INVENTORY

23. Please describe your significant romantic relationship(s), current and past.

24. If applicable to you: Do you and your current significant other have any areas of stress?

25. Do you have any children? Please describe them and list their ages.

26. **If applicable to you: Do you have any areas of stress regarding your children?**

27. **List the current members of your household.**

28. **Do you have any other significant relationships? If so, describe them.**

FINAL THOUGHTS

29. **Do you have any specific goals that you would like to pursue?**

30. **Is there anything else you'd like me to know?**

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