



*building calm*

life coaching

## Building Calm Client Interest Form

Name:	
Complete Address:	
Phone:	
Email Address:	
Date of Birth:	
Age:	
Gender Identity:	
Relationship status:	
Parenting status (if applicable):	
Number of children:	
Number of step-children:	
Number living with you:	
Living Situation:	
Employment Status:	
Occupation:	

Please complete the following short answer questions:

What made you decide to reach out to me for life coaching?

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What do you hope to gain from working with me?

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What do you need the most help with? (Please check all that apply)

- Stress Management
- Achieving Inner Peace and Calm
- Starting or maintaining healthy habits
- Work/Life Balance
- Organization and Productivity
- Personal Growth
- Confidence and Empowerment
- Managing a Chronic Condition/Illness
- ADHD Management
- Neurodivergent Wellness
- Burnout/Compassion Fatigue
- Other (please elaborate!)

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What are things you have already tried to address these issues?

What are some of your top goals you would like to achieve?

Please list any additional comments and/or questions regarding your interest in life coaching with me and thank you for taking the time to complete this form! I look forward to connecting with you soon.