



*Creative simple solutions to lift your life and career*

Please complete this 10-minute Client Welcome Questionnaire – this is not a test but is an honest assessment about you. There are no right or wrong answers. It is just a look into your life to start you on a journey of personal growth.

Upon completion, call Evelyn Ryan at 209.200.2299 or email [emr1160@yahoo.com](mailto:emr1160@yahoo.com) to set up a free half hour consultation to review your Self Assessment and set up a plan to move you forward in your journey!!! Join or visit the Yourlifelifter community at <https://www.facebook.com/yourlifelifter>

Congratulations from Yourlifelifter on taking these important steps towards improving your life and your emotional fitness and overall wellness! Blessings!



### Personal Information

**\*Required**

Name(first and last)\*: \_\_\_\_\_

Email address\*: \_\_\_\_\_

Home Phone\*: \_\_\_\_\_ Cell Phone\*: \_\_\_\_\_

Home address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Or other Code: \_\_\_\_\_

Fax No.: \_\_\_\_\_ Country if other than U.S. \_\_\_\_\_

Marital Status: Married \_\_\_\_\_ Divorced \_\_\_\_\_ Single \_\_\_\_\_

Separated \_\_\_\_\_ Widowed \_\_\_\_\_

Birth Month & Date: \_\_\_\_\_ Do you have children? Yes \_\_\_\_\_ No \_\_\_\_\_

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Disclaimer: The services provided by Yourlifelifter do not replace any medical or psychiatric treatment. If you believe you have a medical condition, please seek qualified professional advice and care. Representatives of Yourlifelifter are not acting in the capacity of a licensed or unlicensed skilled therapist. The coach's role is to support, encourage, motivate, and provide information and guidance and the coach holds no responsibility for the client's actions or consequences of those actions.



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1) On a scale from 1 (being LEAST fulfilled) to 10 (being the MOST fulfilled and enjoyable), rate each of the following areas in your life:

Career \_\_\_\_\_ Family \_\_\_\_\_ Fun \_\_\_\_\_ Financial \_\_\_\_\_ Self confidence \_\_\_\_\_

Spiritual \_\_\_\_\_ Health \_\_\_\_\_ Social \_\_\_\_\_ Vacation and leisure time including hobbies \_\_\_\_\_

Personal relationships \_\_\_\_\_ Community and volunteering \_\_\_\_\_ Other: (list) \_\_\_\_\_

2) List one goal you would like to achieve **within six months to a year from now** that would make a significant difference in your life? Why would it make a big difference?

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3) What one goal would you like to achieve **within 1 to 3 years from now** that would make a significant difference in your life? Why would it make a big difference?

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4) What is at the top of your Bucket List? If you could change one thing in your life, what would it be? Please include anything you would like, but are not sure if or how you can achieve it.

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5) What are the three biggest obstacles or annoyances that you are tolerating or putting up with that you would change immediately if you could?

Obstacle 1:

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Obstacle 2:

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Obstacle 3:

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6) Out of everything you are and what you've done and achieved or could EVER achieve what would you most like to be acknowledged for and leave as your legacy?

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7) What are the three key PERSONAL areas you would like to focus on more to bring you enjoyment in your life?

Area 1:

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Area 2:

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Area 3:

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8) Assuming we all in some way sabotage our own happiness, stop our success, and hold ourselves back, rate **ALL** the following habits from 1 to 5 with 1 being your WORST habit and 5 indicating it's not a problem for you.

- Not able to set/achieve goals \_\_\_\_\_
- Procrastination \_\_\_\_\_
- Depend on others too much \_\_\_\_\_
- Am too self critical \_\_\_\_\_
- I can't say "No" \_\_\_\_\_
- Impatient \_\_\_\_\_
- I can't make decisions \_\_\_\_\_
- Afraid to ask for help \_\_\_\_\_
- Intolerant \_\_\_\_\_
- I have to be right all the time \_\_\_\_\_
- I stay in dead end jobs \_\_\_\_\_
- Workaholic \_\_\_\_\_
- Anxiety/Obsessive Compulsive \_\_\_\_\_
- Perfectionism \_\_\_\_\_

9) If you did work with a coach, what do YOU expect from the relationship that might have been missing over the past few months or years that will be most valuable to you? Check all that apply.

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|---|--|
| <input type="checkbox"/> Ideas / Strategies     | <input type="checkbox"/> Feedback  |
| <input type="checkbox"/> Validation and Support | <input type="checkbox"/> Accountability to goals   |
| <input type="checkbox"/> Direction              | <input type="checkbox"/> Self management skills like being assertive, self care /self compassion and self care |
| <input type="checkbox"/> Sounding Board         | <input type="checkbox"/> Enhanced confidence   |
| <input type="checkbox"/> Inspiration            |  |

10) How coachable do you think you are? Are you open to input and feedback, comfortable in partnerships; and ready to make changes? Choose one:

- Highly coachable
- Reasonably coachable
- I'm trouble

11) What value would you place on achieving your life coaching goals?

- Priceless
- Willing to invest heavily in my future; my health and wellness
- Not sure how much it is worth but am willing to find out
- I am skeptical and don't see how it could be worthwhile