



Catalyst for Change Consulting & Coaching
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Your Name: _____ **Date:** _____

You can list as many in each category as you like, but try to write down at least 5 in each. Also feel free to use additional paper. You'll need to for the last question!

Your Personal and Professional Strengths:

- 1.
- 2.
- 3.
- 4.
- 5.

Most Significant Personal and Professional Accomplishments:

- 1.
- 2.
- 3.
- 4.
- 5.

Three to Five Goals for the Next 90 Days: What are the goals you most want to set for yourself for the next 90 days? Look into your own heart - what do YOU want to do with your life? Don't let what you 'should, could, or ought' to do enter into this list. As you are thinking about these goals -- if some initial first steps come to mind -- just write those down as well. Don't worry about being "right" or concerned that these goals might change as we begin our work together.

- 1.
- 2.
- 3.
- 4.
- 5.

Confidential and Personal

“ABOUT YOU” CLIENT FORM

Obstacles to Goals: Think about the goals you've written down. Can you see some of the obstacles to these goals? This is a *very important part of your whole program*. We don't want to make more demands on your life without first seeing what can be done to remove the things that prevent you from living the life you want to. Write as many as you feel are important:

- 1.
- 2.
- 3.
- 4.
- 5.

Favorite Procrastinations: What are your favorite reasons (excuses) for not moving forward on goals for your life - list as many as you would like:

- 1.
- 2.
- 3.
- 4.
- 5.

What are your priorities?

What's draining you of energy?

What fuels you?

Write a short personal history and what you would like to accomplish in your life. (Use additional paper). *How do you want to live? Tell me about yourself. Here are tips:* Think about including information about your family history, your present family/relationships, your work, friends, recreation and leisure activities and what are your hobbies? How do you handle money; what is your level of health and fitness? Are you organized in your life? What are your spiritual beliefs? How do you express your creativity? What are your values; what's important to you? *This can be very free-flowing, as long or short as you would like (but I do love to read so don't worry about going on too long).*

Your Name: _____

Date: _____