Yours LifeCoach by Jisha

Client Pre-Session Quick Form

A simple 6-question check-in to help your coach understand what matters most to you and choose the most relevant coaching focus.

Name: _____ **Date:** _____

1. What brings you to coaching right now?

What is happening in your life that made you want support at this time?

2. What would you really like to change?

If coaching were helpful, what would be different for you?

3. What feels most difficult right now?

Choose or write your own: ■ Confidence & self-worth ■ Relationship / trust ■ Emotions ■ Mindset / beliefs ■ Money / abundance ■ Goals / direction ■ Personal growth ■ Other: _____

4. What are you feeling most often about this situation?

Examples: worried, afraid, frustrated, confused, overwhelmed, sad, stuck, hopeful, curious, confident, peaceful, excited, or another feeling.

5. What do you really want to experience, become or contribute?

Think beyond the immediate problem. What would make life feel more meaningful or fulfilling?

6. What is one outcome you would love to get from coaching?

Complete: *"After working together, I would like to…"*

For Coach Use — Quick Direction

Possible primary coaching focus: ■ Confidence ■ Self-Worth ■ Relationship ■ Trust ■ Abundance ■ Personal Growth ■ Mindset ■ Goals / Direction ■ Emotional Resilience ■ Integration

Coach note: Use the client's own answers to choose the starting package. This form is a conversation opener, not a diagnosis or fixed label.