

Name:



# **Life Coaching Intake Exercise Sheets**

*Unleash your full potential!*

**Ethos**  
Life Coaching

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## **Ethos Life Coaching Intake Exercise Sheets**

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# 1. Background Information

(i) Personal Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Home Telephone: \_\_\_\_\_

Mobile Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Occupation: \_\_\_\_\_

Please detail here any key people or key information which you think that you might want to talk about in your coaching:

(ii) Key Family

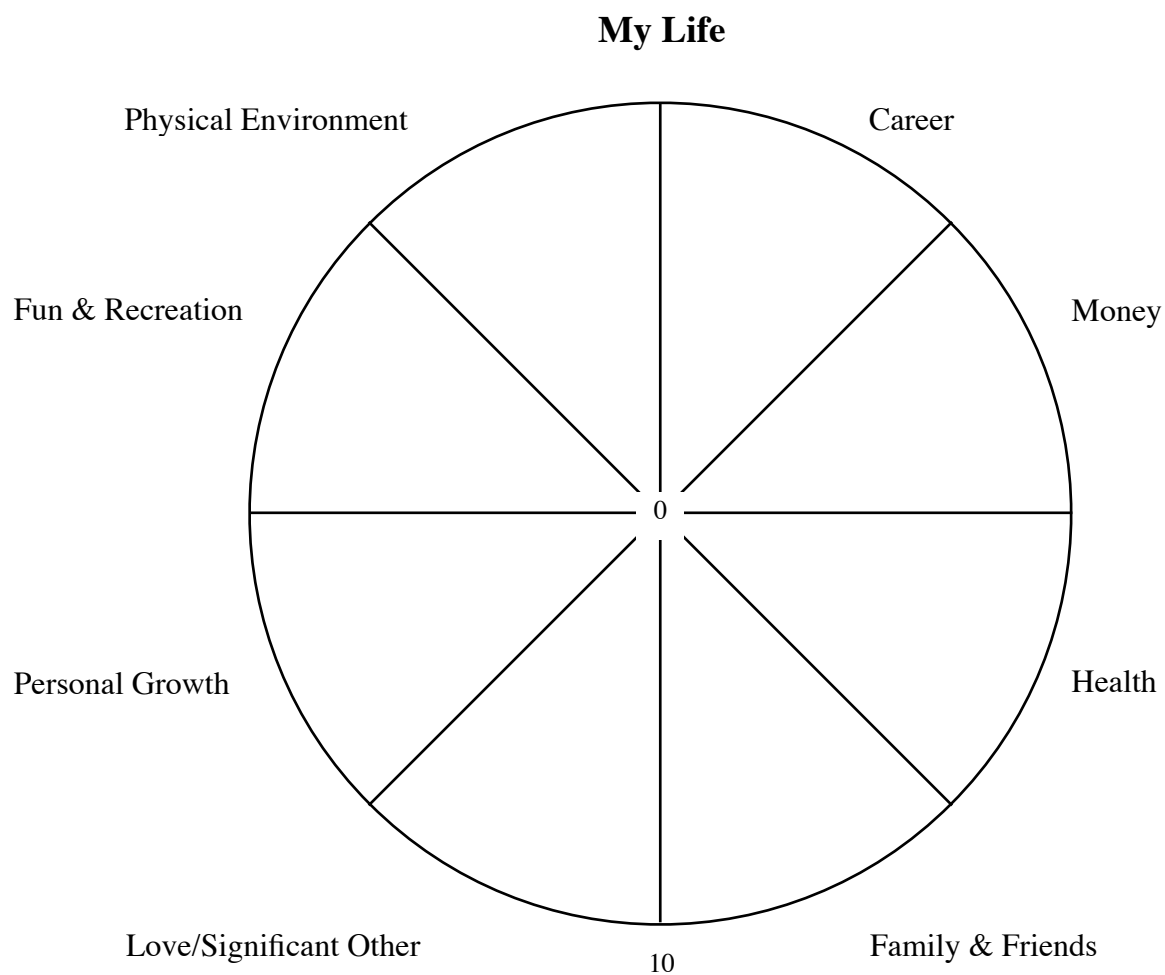
(iii) Key Friends

(iv) Key Work Colleagues and Information

(v) Any Other Key Information which it would be helpful for me to know

## 2. The Wheel of Life

Date:



### 3. My Personality

My 10 Top Personal Qualities	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

My Winning Formula	
1	
2	
3	

The 5 Top Aspirational Qualities	
1	
2	
3	
4	
5	

### 4. My Values

	My 10 Top Values	Honouring Rating 1-10
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

My Possibility*	
1	
2	
3	
4	

## 5. My Unique Abilities

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## 6. My Primary Focus Areas for Coaching

	<b>Main areas of life which are NOT working</b>	<b>What do you want?</b>	<b>What is currently stopping you achieving this?</b>
1			
2			
3			