



Blueprint Coaching Process In-Depth Client Profile

Name: _____

Date: _____

These questions will support you in deeply looking at your life. They will also help me to get to know you better. Allow yourself the benefit of some relaxed, uninterrupted time to complete this form. Be as open and honest as you can. Be assured that one of the primary tenets of our coaching relationship is confidentiality. I agree to hold the information you disclose on this worksheet, or in any other coaching setting, as private and sacred.

1. Briefly describe your relationship with your mother

Childhood:

Present:

2. Briefly describe your relationship with your father.

Childhood:

Present:

3. If you have siblings, briefly describe your relationship with each of them.

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4. What two events had the most impact on you from ages 0 -10?

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5. What two events had the most impact on you from ages 11 - 20?

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6. What four events have been most significant to you from age 21 to the present?

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7. What two incidents from your past do you feel most ashamed of or wounded by?

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8. What are your two greatest resentments?

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9. What are your two biggest regrets?

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10. Which three roles, in order of their importance to you, do you most identify with right now?

___ Your work self ___ Your student self ___ Your intellectual self

___ Your family self ___ Your fun self ___ Your physical self

___ Your spiritual self ___ Your emotional self

___ Other (describe) _____

11. What kinds of personal growth seminars, trainings or other work have you done in the past or are you involved with now?

12. What is/are your current spiritual practice(s) or belief(s)?

13. Are you now or have you ever been in therapy? Yes _____ No _____
If "yes" for how long, what issues were addressed and what was the outcome?

14. Are you under the care of a physician? If yes, please explain and list any medications that are prescribed for you.

15. What are the three most significant relationships in your life right now and why?

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16. What do you consider your top three personal strengths to be?

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17. What are the three things about yourself that you like the least?

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18. What are three qualities that you feel most drawn to develop?

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19. List three people whom you most admire or would want to be like. List three specific qualities about each person that inspire you.

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20. List three people whom you strongly dislike or would not want to be like. List three specific qualities about each person that you find objectionable.

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21. List five things that you feel are incomplete in your life, in order of their importance to you. These can be projects, relationships, communications – anything that stands out as an incompleteness.

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22. What are three daily/weekly activities that help you feel good about yourself?

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23. What are your top three self-sabotaging behaviors?

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24. What things motivate or inspire you the most?

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25. Is there anything else you would like to share with me in order to feel complete with this process?

I honor and bless you for your commitment to moving forward in your life! Please take a moment and acknowledge yourself for the work that you have done this far in our coaching relationship.



Your Coaching Objectives: Creating the Life of Your Dreams

Goals and objectives support us in attaining our deepest desires. While going over the questions below, be very thoughtful. Reflect on each of the following questions and explore your deepest desires.

1. What is truly important to you in your personal life?
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2. What are you inspired to create or accomplish in your professional life or career?
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3. What are your personal financial goals?
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4. How would you like your family life and intimate relationships to look and feel?
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5. In what ways would you like to transform your emotional world?
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6. How would you like to deepen your own spiritual practice?
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7. What are your goals for attaining optimum health and well-being?

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8. What are ways that you would like to have more fun and leisure in your life?

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9. How would you like to make your home or physical surroundings more beautiful, nurturing or supportive?

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10. If you were going to live a stress-free life, what are three things you would do differently?

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11. At your memorial service, what do you want people to say about how you lived your life?

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12. In your last moments, what do you want to feel grateful for?

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