Intake form: What do I need or want to know about a client before a session

1. Name
2. Birthdate, time and location of birth for Human Design
   1. Drop down menu with date, time and location for time zone
3. How familiar are you with living according to your Human Design type and strategy?
   1. Drop down menu: Very familiar, Somewhat familiar, New to it
4. What challenges, if any, do you experience when trying to live according to your Human Design strategy?
   1. Open text box
5. What are your top 1-3 personal or professional goals you want to achieve through coaching?
   1. Open text box
6. Why are these goals important to you?
   1. Open text box
7. What specific outcome would you like to achieve by the end of our coaching?
   1. Open text box
8. What theme is your goal related to?
   1. Drop down menu, choose all that apply or open text box
9. Needing clarity on what the goal is or how to get to the goal
10. Shifting identities and/or Letting go of an identity that doesn't fit any longer
11. Motherhood support
12. Career
13. Abundance and/or lack mentality
14. Self worth and/or confidence
15. What personal development or internal work have you done in the past?
    1. Drop down menu, answer all that apply
       1. Internal Family Systems or parts work therapy
       2. Therapy
       3. To Be Magnetic
       4. Joe Dispenza
       5. Journaling
       6. Reading self help books
       7. Meditating
       8. Coaching
       9. Podcast rabbit holes
       10. other
       11. NONE
16. Are you currently doing any other personal development work or program?
    1. Drop down-YES/NO
17. Do you want to incorporate that into our work together?If so, what is it?
    1. Drop down-YES/NO
    2. Open text box
18. What have you uncovered and learned about yourself through your personal development work that has been enlightening or revealing? What would be helpful for me to know ahead of time for our session?
    1. Open text box
19. Do you ever feel conflicted about pursuing your goals?
    1. Drop down-YES/NO
    2. Why- Open text box
20. Are there any specific fears, doubts, or limiting beliefs that come up when you think about achieving your goal?
    1. Open text box
21. What internal patterns seem to repeat when you try to work toward your goal?
    1. Drop down menu
       1. Procrastination
       2. Perfectionism
       3. Fear
       4. Lack of clarity