

**Life Coaching with  
Janice Winsor**

**Seachild Enterprises  
24 Bruce Court  
Wellard WA 6170  
9439-4789**

**Client Information**

Full Name \_\_\_\_\_

Name you like to be called \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_

Street Address \_\_\_\_\_

**Telephone Numbers**

Home Telephone \_\_\_\_\_ Work Telephone \_\_\_\_\_

Message or Car Telephone \_\_\_\_\_ Fax Number \_\_\_\_\_

Pager or Mobile \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Work E-Mail \_\_\_\_\_

**Personal Information**

Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_ Marital Status \_\_\_\_\_

Spouse/Significant Other's Name \_\_\_\_\_

Significant Other's Date of Birth \_\_\_\_\_ Number of Children \_\_\_\_\_

Name(s) of Child(ren) and Age(s)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Who are the key people in your life?

What results do you desire to achieve?

When you attain those results, how will you feel?

Coach's Role (What do you expect/desire from me?)

Life Principles (What principles guide your life, your decisions, your choices?)

Key Values (What do you value?)

List at least five of your personal strengths or assets.

List at least five of your time wasters, excuses, etc.

List at least five things you need to complete to experience a sense of freedom. For example, clean a closet, balance a checkbook, communicate with someone, etc. Please be specific.

List the emotions that keep you from achieving your desired outcomes.

List at least ten choices or goals. Be specific.

What are you committed to for your quality of life?

List ten routine habits. Mark each as Current (C) or Desired (D).

## Priorities Wheel

Label each of the eight sections of the wheel with priorities in your job and life. In other words, what are the eight areas of your life where you would like improvement. Then score your sense of fulfillment with your priorities on a scale of 0 to 10. The example in the right-hand corner shows how to indicate your priorities.

After you've filled out the wheel, identify one or two priorities for which you desire immediate impact. What actions will you take? When will you take those actions? What support do you require?

