

Sample Intake Questions for Coaching

Hello! I'm excited to work together with you over the next six months. To get started, please answer the questions below at least 2 days prior to our session. Thank you!

- 1) Tell me about yourself – your family, hometown, vocation, etc.
- 2) How did you become a Christian?
- 3) When is your birthday? Anniversary?
- 4) What are some things God has done in your life recently?
- 5) What have been some major “aha!” moments you’ve had in your spiritual walk?
- 6) How do you relax? What do you do for fun?
- 7) On a scale of 1 – 10 (1 = lowest), how would you rate your physical health?
- 8) How would you rate your spiritual health?
- 9) How would you rate your emotional health?
- 10) How would you rate your marital health?
- 11) In what ways are you using your spiritual gifts?
- 12) What are three issues or challenges you are facing in your life right now?
- 13) What are some hopes you have for this coaching relationship?
- 14) How do you see me coming alongside you to support you?
- 15) Do you have any questions about the Coaching Covenant?
- 16) How can I be praying for you?