Client Intake Questionnaire

Understanding the heart you have. Becoming the man God created you to be.

Thank you for considering Snow Coaching. These questions help us begin a thoughtful conversation about where you are, what matters to you, and what you hope to discover. There are no right answers. Share only what you are comfortable sharing at this stage.

This is an initial coaching questionnaire, not a diagnostic or mental-health assessment. Please do not include detailed trauma histories, medical records, or other highly sensitive information. We can discuss what is appropriate to share privately.

01 About You

Preferred name _____

Email address _____

Preferred way to communicate _____

Date _____

Coaching usually begins with email contact. Please do not send sensitive personal information through a public website form.

02 Why Coaching, Why Now?

What prompted you to explore Christian life coaching at this point in your life?

If our work together were helpful, what would be different in your life six months from now?

03 Where You Are Today

What is going well in your life right now? Where do you see strength, gratitude, or growth?

Where do you feel stuck, unsettled, or out of alignment with the man you want to become?

04 Understanding Your Heart

"Keep your heart with all vigilance, for from it flow the springs of life." — Proverbs 4:23 (ESV)

When you feel pressure, disappointment, or uncertainty, how do you typically respond?

Are there recurring patterns, fears, or beliefs you suspect may be influencing your choices or relationships?

What do you tend to protect, avoid, or hold tightly when life becomes difficult? (Optional)

05 Faith and Direction

How would you describe your relationship with God at this season of life?

Are there areas where you would like greater clarity about God's direction or your next faithful step?

06 Goals and Readiness

What are one or two priorities you would most like to work on in coaching?

What has helped you make lasting changes in the past? What usually gets in the way?

07 The Coaching Partnership

What kind of encouragement, challenge, or accountability tends to help you grow?

Is there anything you would like me to understand about how to support you well? (Optional)

08 Fit and Next Steps

Coaching is a collaborative, forward-moving process that may explore present patterns and their origins. It is not psychotherapy, medical care, crisis intervention, or a substitute for treatment. If needs arise that call for specialized care, we can discuss an appropriate referral or support alongside coaching.

Do you have any questions or concerns about beginning a coaching relationship?

What would you prefer as a first step?

☐ An introductory conversation ☐ More information about coaching ☐ Not sure yet

A Thought Before We Begin

You do not need to have everything figured out before taking a first step. Often, growth begins when we become willing to pay attention to what is happening in our hearts and invite God into the conversation.

Please return this questionnaire privately using the method we agree upon. Do not post completed forms on a public webpage or submit them through a general contact form. Completing this questionnaire does not establish a coaching relationship; we will discuss fit, expectations, boundaries, fees (if any), and confidentiality before beginning.

Snow Coaching | www.snowcoaching.com