



Life Coaching Client Goals Form

Welcome to Inner Freedom. Prior to your first visit. Please print this form fill it out. Don't worry about being perfect or getting it right. This is just a jumpstart on our work together. Afterwards, we will brainstorm to flush out a step by step plan that inspires and moves you into action, while learning important relationship skills.

Relationship Goal: (Example: communicate better with my mom)

Due Date: (Example: In 3 months, 50% less arguing)

Being State: (Example: patient & understanding)

Some action Steps: (Ex: No interrupting, no complaining, listen with empathy and spending more time together)

This is important to my life because:

The prices I am willing to pay to have it happen
(Ex: feeling uncomfortable learning a new way to interact with mom.)