

# SmallBizU.com

- Online University For Small Business Owners!

## Business Coaching Intake Form

Answer These Questions and fax it to 801-383-92942 or type up the answers and email them to [NewC@ChristianEm.com](mailto:NewC@ChristianEm.com), then we will schedule your first session!

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

Business Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

1. What do you want to have or change now?
2. What are your long term goals? (12 months to 5 years)
3. What are your short term goals? (less than 12 months)
4. What are your immediate goals?
5. What is the biggest challenge you've overcome? How has it effected you?
6. What is the biggest challenge you are facing right now?
7. What is it costing you?
8. How specifically is this challenge making you feel? (what emotional states is it triggering for you?)
9. How will you feel when it's behind you?
10. How will it feel to achieve your goals? (what emotional states will it trigger for you?)

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11. What are you willing to do to achieve your goals?
12. What do you value you most in your life? (list 5)
13. What do you expect to get out of our coaching?
14. How will you know if you are getting what you want from our coaching?
15. How will I know if you are getting what you want from our coaching?
16. How do you want to be coached? (challenging, gentle, provocative, lots of assignments and suggestions, your suggestions only, anything special you want?)
17. Is there anything else you want to be known about you or your situation that you think is important to share? Tell us here.