

# Lisa Hecht & Associates, LLC

4920 E. Sagewood Drive

Boise, Idaho 83716

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## Client Information

(All items optional except primary email and phone number.)

<b>Name</b>	
<b>Date of birth (optional)</b>	
<b>Work address (optional)</b>	
<b>Home address (optional)</b>	
<b>Primary email</b>	
<b>Secondary email (optional)</b>	
<b>Primary phone</b>	
<b>Secondary phone (optional)</b>	
<b>Education (optional)</b>	
<b>Occupation (optional)</b>	
<b>How did you hear about my coaching services?</b>	

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## Your Past, Present, Future and Goals

<b>Your Past</b>
What are your proudest achievements? Describe three.
1.
2.
3.
What have you learned from these accomplishments?
<b>Your Present Life</b>
Who are your role models and why?
1.
2.
3.
What are your strengths? List at least 5
1.
2.
3.
4.
5.
Which words describe you at your best?
What inspires you to be at your best?

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What gives meaning and purpose to your life and work now?

## Your Future

What is your vision for your personal and professional life?

What are your goals for the next 3 years?

What are your goals for the next 6 months?

What are you hoping to achieve from coaching?

How will you know that coaching has been successful?

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What else would you like me to know about you?