



CLIENT QUESTIONNAIRE

The following information is designed to help me get to know you and to offer a starting place so I can better understand where you are at and where growth is longing to occur in your life. It is also a process of self-reflection, so take your time and allow it to be a meaningful experience for you to do when you have some quiet time.

VALUES ASSESSMENT:

Please rate the following areas of your life based on your current level of satisfaction 1 – 10, 10 being high and 1 being low.

___ Spirituality ___ Primary Relationship ___ Family Relationships ___ Friends + Community ___ Being of Service

___ Personal Growth + Education ___ Health + Wellness ___ Recreation + Self-Care ___ Finances ___ Career

Please describe any spiritual practices you regularly engage in:

Please describe the self-care practices that you regularly engage in (or desire to):

What are the top 3 concerns/stressors in your life at this time?

1. _____
2. _____
3. _____

What are you most grateful for in this season of your life?



CLIENT QUESTIONNAIRE –Page 2–

Have you previously taken any personality assessments (Myers Briggs, Keirseey, Enneagram, etc.) and if so, what were the results? *If not, you may find it helpful to complete some of the free versions of these tests online.

Do you primarily re-energize by being around others (extroversion) by taking time alone (introversion) or do you fall somewhere in between (ambiversion)? _____

Please describe your support system? Is this an area you would like to develop?

When you consider the individuals that are closest to you, what are the 3 words they would use to describe you?

1. _____
2. _____
3. _____

What is one quality you would like to develop in yourself? How would this support your self-expression in the world?



CLIENT QUESTIONNAIRE –Page 3–

Do you have prior experience with counseling/coaching/therapy/spiritual direction? If so, what did you find supportive and what was unhelpful?

Please describe any experiences you have had with group therapy or personal development workshops.

What led you to seek counseling at this time in your life? Please describe your primary goal for our time together, keeping in mind this can change over time.

Thank you for completing this questionnaire.
It is an honor to get to know you better and I look forward to our time together.