



## 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:

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

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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?

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

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

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

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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?

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

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

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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.

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