



Dr. Aileen McCabe- Maucher's

The Inner Peace Diet

Coaching Application

Name: _____ Date: __ / __ /20__

Address: _____

Telephone Number: _____

Email Address: _____

What type of coaching are you seeking? (life transition/professional/ personal) Please be specific.

Have you worked with a coach before? What was your experience?

Personal/Professional Goals:

What are the biggest changes you want to make in your life in the next 3 months?

1. _____
2. _____
3. _____

What are the biggest changes you want to make in your life over the next 3 years?

1. _____
2. _____
3. _____

What do you most want to achieve for yourself in your life/career?

What are the restraining forces keeping you from achieve these?

What would you say have been your 3 greatest accomplishments to date?

1. _____
2. _____
3. _____

What do you expect to achieve in life as a result of hiring me as your life coach?

