**The Solution Tap**

**Please tell me about yourself before we start.**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Last First Middle Initial

**Date of Birth**: \_\_\_\_/\_\_\_\_/\_\_\_\_\_\_\_\_ **Age:** \_\_\_\_\_\_\_\_\_\_\_ **Gender:** Male Female

**Marital Status:** (Circle your answer.)

Never Married/Single Domestic Partnership Married

Separated Divorced Widowed

**Name of Spouse:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Last First Middle Initial

**Names and Ages of any Children**: 1.

2. 3.

4. 5.

**Occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Highest Level of Education: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Street with Number

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City State Zip Code

**Home Phone**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Cell/Other Phone**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Which are the best ways to get hold of you?**

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How did you hear about me? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Who, if anyone, referred you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Can I make a thank you contact?** (I will not disclose your identity.) Yes No

**Are you currently employed?** Yes No

**If yes, what is your current employment situation?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Do you enjoy your work? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Is there anything stressful about your work? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Do you consider yourself to be religious or spiritual?** Yes No

**If yes, please answer the following:**

**Describe your faith or belief: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Do you attend church? Yes No**

**If so, what church do you attend: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How does your faith or spirituality influence your everyday life?**

**What do you value most in your life?**

**What would you like to accomplish in our work together?**

**What do you consider to be the barriers to achieving your desired goal(s) or outcome(s)?**

**What do you consider to be your strengths?**

**What do you consider to be your weaknesses?**

**What are your long-term goals for the next 5 years?**

**What are your short-term goals for the next 3 months?**

**Do you have other areas of your life that you want to change or improve? If so, what do you want to change or improve?**

**Intimate relationship(s)?**

**Your relationship with yourself?** (How you see yourself, treat yourself, trust your judgment/feelings/instincts):

**Other relationships?** (Immediate family, friends, people at work, extended family?)

**Home and/or work environments?**

**Career?**

**Fun and leisure?**

**Finances?**

**Spiritual life?**

**Health?**

**Is there anything else you want me to know before we start?**

**How Coachable are you?**

**Circle the number below that most closely represents how true each statement is for you now. These questions will help you and me discover how coachable you are at this time.**

**1 equals less true. 5 equals consistently true.**

**1 2 3 4 5** I will consistently be on time for scheduled meetings, and if needed, contact the coach to reschedule.

**1 2 3 4 5**  I will come to our sessions with an agenda or idea about how I would like to use our time together.

**1 2 3 4 5**  I am fully willing to do the work required to achieve my goals.

**1 2 3 4 5**  If asked, I will commit to writing 30 minutes a day first thing in the morning.

**1 2 3 4 5**  I am willing to try out new behaviors or new ways of thinking.

**1 2 3 4 5**  I will be completely truthful with my coach.

**1 2 3 4 5**  I am willing to stop or change self-defeating behaviors.

**1 2 3 4 5**  I can financially afford coaching without going into debt.

**1 2 3 4 5** I am not dependent on substances that alter my ability to think clearly and always behave responsibly, or I am in recovery and receiving the support I need.

**Regarding the last question:** If family or friends have expressed concern about your usage of addictive substances (alcohol, street drugs, prescription drugs) you may have a substance dependence problem.