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A Multi-Specialty Behavioral Health Practice

## ADD/LIFE COACHING INTAKE FORM

Directions: Please complete this form and bring to your first visit with Dr. Parker.

Name:

Today's Date:

### A. Current Academics (skip if this does not apply to you)

What school/college do you attend?

What grade/year are you in?

Current Overall GPA:

If you are in high school, describe any college plans you have:

If you are in college, what is your major?

What are your current thoughts about the kind of job/career you would like to have after completing your education?

Do you love school, like it, put up with it, or really dislike it most of the time? Please explain.

## **B. Current Employment (skip if this does not apply to you)**

Where do you work and what do you do?

What are the 2-3 most rewarding aspects of your work life?

If you could pick a “dream” job that allowed you do something you were truly passionate about, what would that job be?

## **C. Personal Wellness**

In general, please describe how physically fit you are.

Please describe anything you do to take care of yourself in these areas:

- Exercise:
- Nutrition:
- Relationships with others/pets:
- Adequate sleep/rest:

- Stress reduction:

What hobbies do you have? How do you have fun or relax?

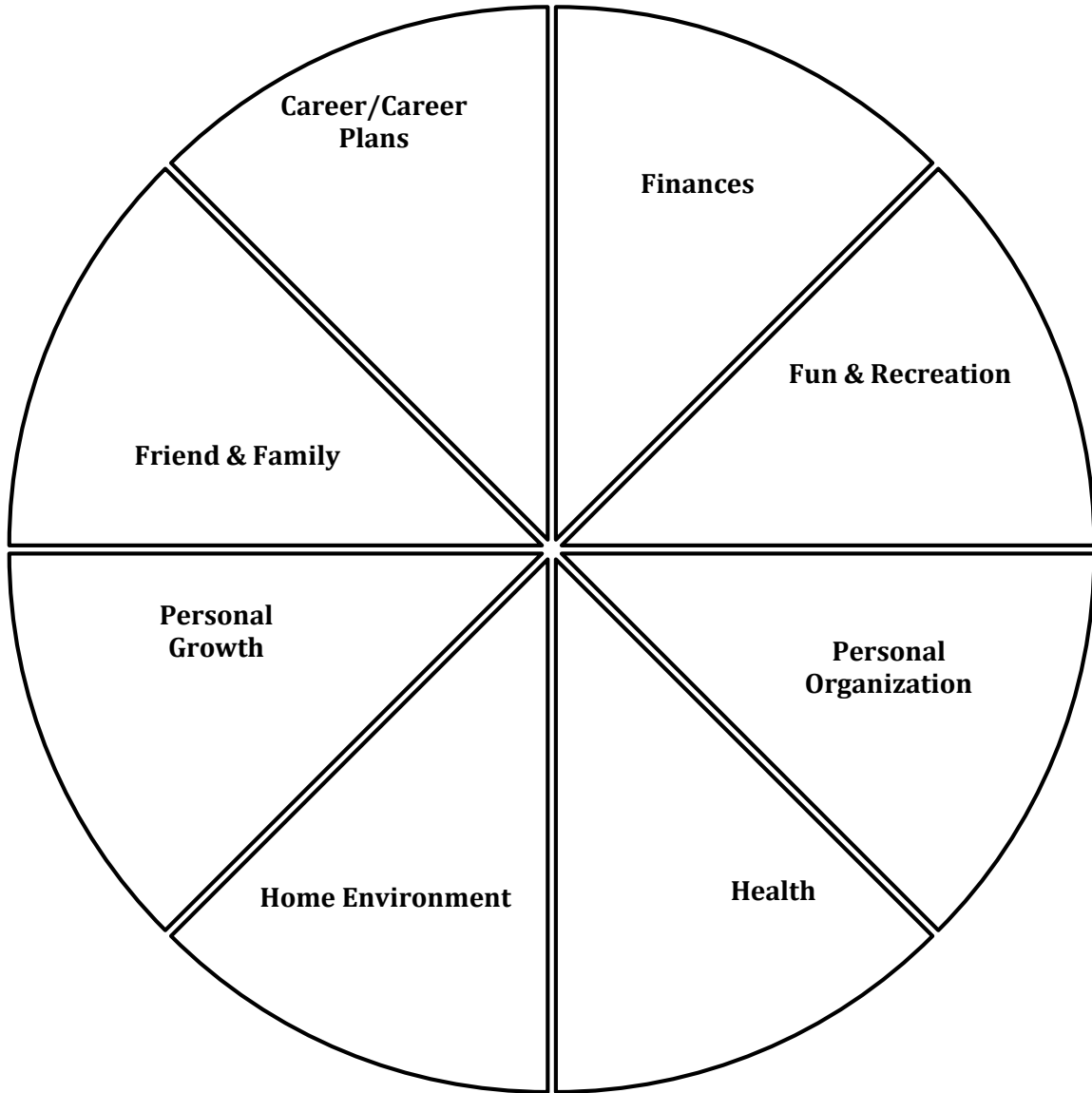
#### **D. Disability/Difficulties**

If you have any disabilities or difficulties that affect your ability to learn, work, accomplish goals, have healthy relationships, or just be happy, please tell me what you'd like me to know about this part of your life:

Do you have any questions about this disability or difficulty that you'd like us to explore as we work together?

#### **E. Current Goals**

Wheel of Life: Please take a few minutes to complete the Wheel on the next page. For each "slice" of pie, you are asked to answer the question, "How much satisfaction are you experiencing in this area of your life?" If you are experiencing a great deal of satisfaction, shade in the entire pie slice. If you are experiencing absolutely no satisfaction, leave the slice empty. Shade in appropriate portions of each slice to show *how satisfied* you are with that part of your life. **If you are completing this form online, please print the form out and shade in the graph by hand.**



Please identify the goals you want me to help you achieve. Your goals might be broad (“I want to get more organized”) or very specific (“I need help studying for the SAT next semester”).

1)

2)

3)

4)

#### **F. Tell Me About YOU**

What are your best personal qualities?

What gets in the way of you accomplishing your goals?

What motivates you? What makes it easier for you to persist until you reach a goal?

Coaching is all about helping you reach your goals, learn more about yourself, and develop a more fulfilling life. What do I need to understand about you to coach you effectively?

*Thank you.*