



Kayse Budd-The Astro Muse

Astrology-Inspired Wellness

www.kaysebudd.com



General Coaching Intake Form:

Name: _____ Date of birth: _____

Time of birth: _____ Place of birth: _____

Address: _____

City, State, Zip: _____

Phone number: home: _____ cell: _____

Email: _____

Current Employment: _____

Position Title: _____

Education: _____

Degree(s): _____

What brings you to coaching at this exact moment? Has something interesting happened in your life? Are you at a crossroads? _____

Goals for this experience (ie, self-development, professional growth, career change, spiritual development and learning, etc.) _____

Personal strengths: _____

Personal weakness (faced with love, of course): _____

3 fun facts about yourself: _____

Have you experienced coaching or mentorship before (if yes, what was your experience—how was it helpful/not helpful)? _____

Any current health or personal struggles you would like me to know about or that may be relevant? _____

What drew you to pursue this experience with me as the coach? _____

Describe your spirituality and/or mind-body/self-care practices: _____

Please share 1-3 "peak transformational (or mystical) experiences" that helped you grow, expanded your worldview, or changed you: _____

What are you most looking forward to about this process? _____

What, if anything, are you apprehensive about? _____

What are some of your biggest dreams and hopes for your life? _____

What would you do with your time/energy if you had enough money to do whatever you wanted and didn't need to work?: _____

What do you feel is your MISSION on the planet? (If you don't know, don't worry! We'll work on this!!) _____

Notes (Anything else I should know):



Welcome to a fascinating
journey into your self!