



Intake Goals for **Coaching**

Let's get clear about where you **presently** are with your goals. Writing them down makes them so! Use this assessment to get clear on where you want to go. If you have an appointment with Coach Swan, have this with you. Writing down your goals is the beginning of their manifestation.

List three personal goals:

- 1.
- 2.
- 3.

List three life skills you wish to accomplish:

- 1.
- 2.
- 3.

List three professional goals:

- 1.
- 2.
- 3.

List any other goals you wish to accomplish:

- 1.
- 2.
- 3.