

**Janna Lopez**  
**MidLife Coach/Revision Form**

By providing the following information, you're sharing insight about who you are, which in turn may help guide us in our MidLife coaching process. Information is confidential. I appreciate your time and thought. If you need more space, just use a separate sheet of paper.

Date: \_\_\_\_\_

Name: \_\_\_\_\_  
(First) (Last)

Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_  
(Street and Number) (City) (State) (Zip)

Cell Phone: \_\_\_\_\_ May I leave a message?  Yes  No

E-mail: \_\_\_\_\_ May I email you?  Yes  No

\*Please be aware that email might not be confidential.

Marital Status:

Never Married  Partnered  Married  Separated  Divorced  Widowed

If married, name of spouse: \_\_\_\_\_

Names of Children and ages: \_\_\_\_\_

Referred by: (check any that apply)

\_\_\_ Book, *Me, My Selfie & Eye*

\_\_\_ Website

\_\_\_ Family or Friend

\_\_\_ Internet Search

\_\_\_ Presentation/Workshop

Other \_\_\_\_\_

Thinking about both your professional and personal Selves, what major life changes and/or transitions have transpired in life over the past few years?

How would you say these changes have affected you?

Choose some words to describe how you're currently feeling—what words would you say?

Do you have expectations of your Self? If so, what are some of the expectations?

What do you know to be true about who you are?

How would your friends describe you?

Personally, what do you hope to reach or accomplish in the next 3 months, 6 months, year, and two years?

Can you imagine or describe the factors that hold you back from your Self?

Do you have or do anything in your life that brings you simple joy? If so, what?

What would you like to achieve from MidLife coaching?

Have you worked with a coach before? If so, what worked for you, what didn't work for you?

Anything else you think I should know before getting started?

Missing or rescheduling sessions is strongly discouraged. If unforeseen events require a reschedule, please notify me 24 hours prior to the scheduled session. If notification is not given 24 hours prior to the scheduled time, the session will be considered missed and thereby charged at full rate. Janna Lopez MidLife Coach Disclaimer of Liability: Client hereby acknowledges that MidLife Coaching is not therapy, nor am I a therapist, and hires Janna Lopez MidLife Coaching services on a session-by-session basis for purposes of support with respect to Client's vision and goals. I understand and release Janna Lopez of all liability. I have read and agreed to the Policies and Disclaimer of Liability.

Client's Signature (Date) \_\_\_\_\_

Janna Lopez Signature (Date) \_\_\_\_\_

Once you have completed this form please email it to [janna@jannalopez.com](mailto:janna@jannalopez.com).