

**The Music Within Us™**  
*Learn to Listen to Your Life*  
**Life Coaching Client Pre-Work**

Please complete all items to the best of your ability and submit the completed document by email to Lisa Chu at [lchu@themusicwithinus.com](mailto:lchu@themusicwithinus.com) before your first consultation. I will read and use the information to help me get to know something about you before our first conversation, and to help determine whether there could be a good match between your coaching needs and my approach. ***There are no “right” or “wrong” answers.*** Use this as an opportunity to reflect on yourself and what feels true for you at this moment.

Name:

Age:

Current Residence City & State:

Education:

Professional Background:

Significant Achievements:

1. Bullet point your life story below. Start from your birth and end now. Please only use this one page.



7. Name your three best experiences.

8. Name your three worst experiences.

9. What are you most hoping to gain from having a life coach?