

Coach Finch: ICF Certified Life Coach

Kenathius L. Finch, CLC

Business Address: 1260 Lake Blvd. #201, Davis, Ca 95616

Mailing Address: P.O. Box 4528, Davis, Ca 95617

mentlifecoach@coachfinch.com, 530-554-3567

Wish List

Please complete the following wish list by putting a check mark next to each item of interest. Check as many boxes as you like.

I would like to become more:

- Social
- Intellectual
- Productive
- Service-Oriented
- Involved in the Community
- Fun-Loving
- Well-Read
- Educated
- Well-Traveled
- Skilled
- Creative
- Artistic
- Independent
- Knowledgeable about _____
- Involved in a new relationship
- Involved in an Organization
- Involved in _____
- Physically Active
- Family-Oriented
- Thoughtful
- Giving
- Spiritual
- Relaxed
- Happy
- Goal-Oriented
- Religious
- Playful
- Financially Prosperous
- Healthy

What culture(s), ethnicity, and/or heritage do you associate with?: _____

Who is a source of support for you?: _____

Do you have any religious and/or spiritual beliefs?: _____

How much sleep do you average per night?: _____

Do you feel tired after being awake for 30 minutes? _____

How often do you consume caffeine? _____

What does your exercise habits look like?: _____

When was the last time you had medical exam that included blood work? What were the results? _____

What is the highest grade you completed?: _____

Does anyone in your family have any known mental health challenges? Any treatment?: _____

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Have you or anyone in your family ever used any kinds of drugs, including alcohol?: _____

Any current use?: _____

Do you see or hear things that other people do not see or hear?: _____

Have you or anyone in your family attempted to kill themselves or harm themselves in anyway? Any current thoughts of suicide?:

Was there any violence: physical, emotional, sexual, and/or psychological harm that has happened with you or anyone else in your family?:

Do you have any siblings?: _____

Briefly, what was your relationship like with your family growing up? _____

Any previous coaching or counseling?: _____
