

Attention Solutions

ADHD Life Coaching

Client Questionnaire

Rate how the following challenges are affecting your life (consider areas such as home, school, daily functioning, social life, and work). Rate on a scale of 1 (not an issue) to 10 (can't get any worse!—daily issue). On the line below the item, indicate examples of how this challenge affects you.

Symptom / Challenge	Rating
Difficulty paying attention	
Difficulty paying attention to detail (may be able to focus on the big pictures, but not the smaller parts)	
Often lose important items (keys, supplies, important papers)	
Easily distracted	
Forgetful (miss appointments, forget to do things)	
Impatient or impulsive (shout out answers, difficulty waiting your turn)	
Poor planning and time-management skills (run out of time to complete tasks, keep busy but don't seem to accomplish what needs to be done)	
Make careless errors	
Often feel overwhelmed and your brain locks down – you feel frozen	
Your physical environment is messy or cluttered	
You make bad decisions or fail to consider the consequences of your decisions	
Procrastination (you wait until the last minute to get things done)	

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What do you hope to gain from the coaching relationship?

What is the most important thing in your life at this time?

What are your biggest challenge at this time?

What 3 changes do you most want to make in your life? (Think job/career, home, relationships, seeking your life purpose, dealing with change, moving forward in a particular area of your life...)

1.

2.

3.

How Do You Like to Learn?

- Visual – see the picture or color
- Tactile – touch
- Auditory - hear
- Verbal – speak out loud and free-associate
- Kinesthetic – moving and doing
- Cerebral – think about the big picture and make sense of the puzzle)

What do you do for fun?
