



Client Questionnaire

CONGRATULATIONS!

You've made a loving, empowering choice to begin your own soul journey of learning, healing & personal growth through private intuitive coaching.

I am so blessed & honoured to share this sacred space with you.

Our Initial Step Together...

We simply need to acknowledge the full truth of where you are at – to establish a clear understanding of how you got here and why you're feeling the way you are so we have a roadmap to help us navigate.

- ✓ Change, truth and honoring oneself require becoming FULLY aware of how you limit yourself and keep yourself stuck in negative patterns.

On the following pages, you'll find 4 simple tools (1 per page) designed to guide you in identifying and becoming aware of yourself and your habits/patterns.

- Answer each set as truthfully as you can – paying specific attention to your intuition (first thing that comes to mind)
- There is no right/wrong or good/bad...there just is what is (so take a deep breath)
- Take your time...set a timeframe (ex. 15 min OR page 2) and stick to it to help keep you focused. Complete only as much as you can in that timeframe and then come back to the next task at a later time (maybe 15 min at lunch each day)

Tool #1

Identify Your Habits

I distract, avoid, numb, deny myself from my emotions, situations, struggles and/or truth by or through:

****Circle all of the words that apply to you**

Eating

Internet

Talking to Someone

Alcohol

Drugs

Smoking

Sex

Shopping

Socializing

Exercise

Driving

TV

Talking on the Phone

Staying Busy

Reading

Gossiping/Negativity

Work

Relationships

Facebook/Instagram/other

News

Helping others

Blaming

Activities

Other: _____

Tool #2:

How I Deal with Life

Finish these statements...

1. When I feel stressed, angry or frustrated I ...
2. When I feel emotional I ...
3. I find my emotions _____ because ...

4. When I'm stressed, unhappy or overwhelmed...

My body physically feels...

I find myself saying...

5. When I'm content, happy & fulfilled ...

My body physically feels ...

I find myself saying ...

Tool #3:

Acknowledge Your Truth

Fill in the Blank...

- I have been avoiding acknowledging _____ by denying, blaming, numbing or distracting myself.

- I am hoping to find _____ through this coaching experience.

- _____ may prevent me from digging deep and fully committing to myself during the coaching process.

- My greatest fear is that this coaching experience might _____

- I get overwhelmed when _____

- I feel empowered, encouraged or supported by others when they say or do this

- If there are zero limitations for this coaching experience, my greatest desire is to

- I am hoping my coach will _____

Tool #4:

Acknowledge What IS

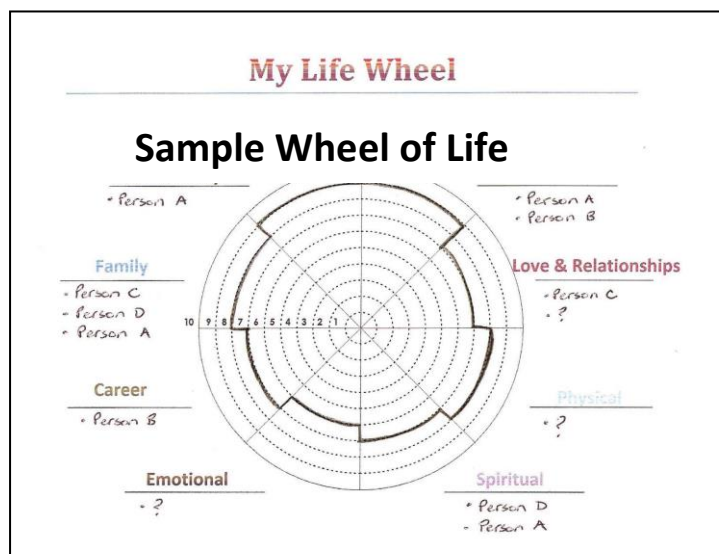
Life Wheel Exercise

Rarely in life do we actually take the time to acknowledge our life and our levels of fulfillment and satisfaction. The Life Wheel Exercise is designed for just that: focusing in on our life, acknowledging our truth and identifying where & how we might change to create our desires.

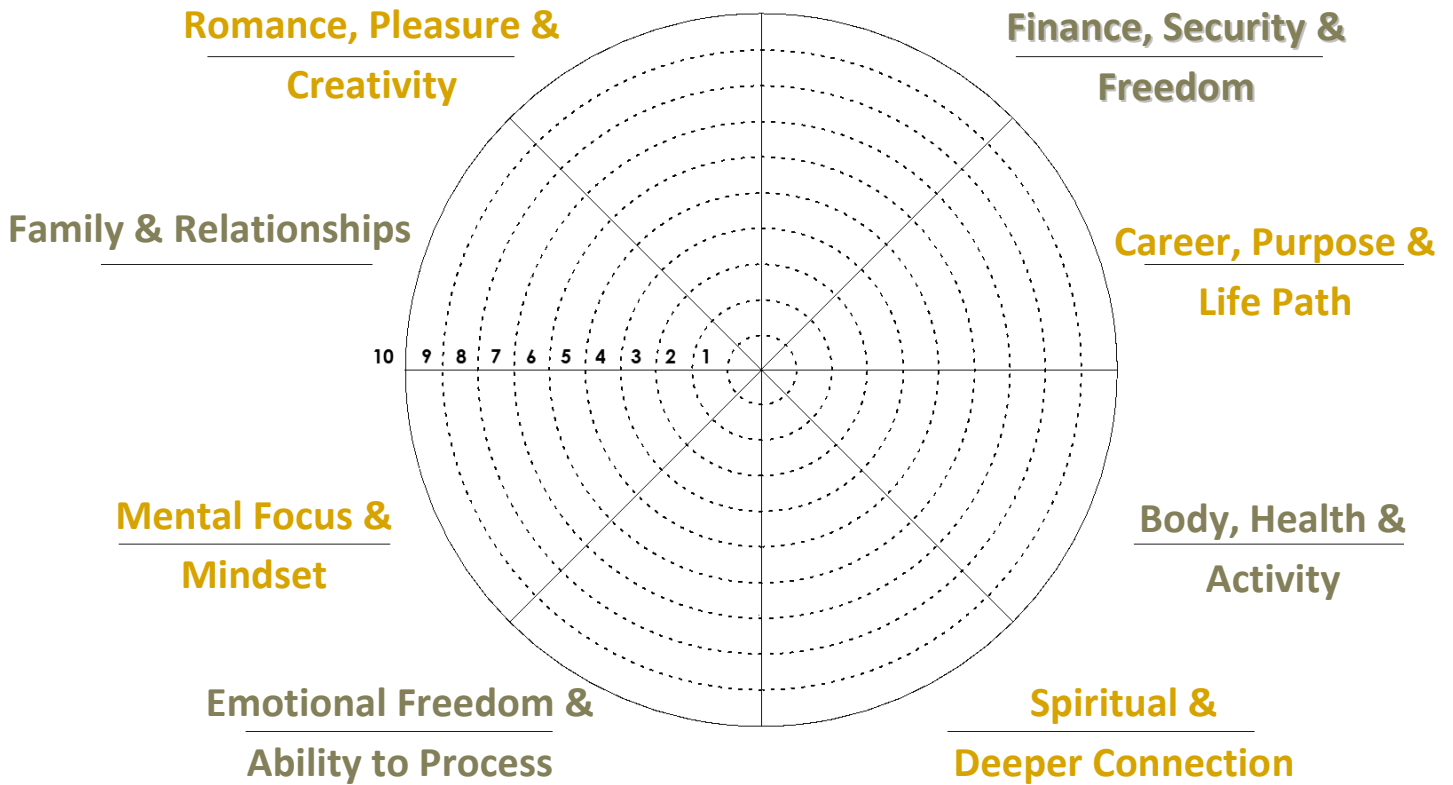
Facing the truth about your life establishes a foundation from which to move forward & create the life you desire.

Complete your personal Life Wheel using the template on p6

- **STEP 1:** Ask yourself, how fulfilled or balanced do I feel in this area (ex. health & activity)?
- **STEP 2:** Trace the numbered line that best represents your level of fulfillment for each area. (1 – not fulfilled/balanced; 10 – very fulfilled/balanced)
- **STEP 3:** Write the names of 2-3 people who you turn to for support in each area under the area heading (Ex. Spiritual...Nancy...Heather)



My Life Wheel



Please Note: The headings (Ex. Career) are meant to provide a broad overview of the various areas of your life. If you would connect more with a different heading, simply cross out the heading and choose your own.