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# Client Questionnaire

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*Congratulations* on your next level soul leap! You're stepping into creating the clarity, self knowing and trust that your soul has been craving through coaching and I am truly blessed & honoured to share this sacred space with you.

## Our Initial Step Together...

In order to navigate our way forward, we must first establish where it is that we're at! We begin this journey by simply acknowledging the truth of where you are at, what has supported or kept you <here> to create clarity as we journey forward.

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

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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

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### 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

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### Fill in the Blank...

1. I have been avoiding acknowledging \_\_\_\_\_ by denying, blaming, numbing or distracting myself.
2. I am hoping to find \_\_\_\_\_ through this coaching experience.
3. \_\_\_\_\_ may prevent me from digging deep and fully committing to myself during the coaching process.
4. My greatest fear is that this coaching experience might  
\_\_\_\_\_
5. I get overwhelmed when \_\_\_\_\_
6. I feel empowered, encouraged or supported by others when they say or do this  
\_\_\_\_\_
7. If there are zero limitations for this coaching experience, my greatest desire is to  
\_\_\_\_\_
8. I am hoping my coach will \_\_\_\_\_

## Tool #4:

# Acknowledge What IS

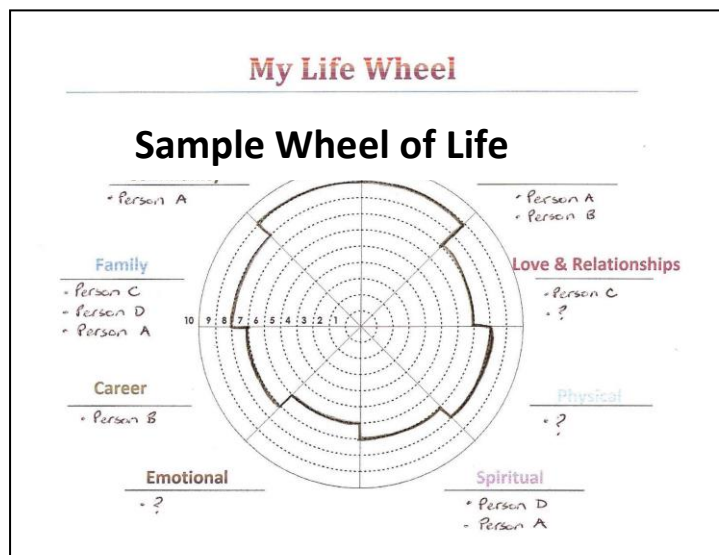
## Life Wheel Exercise

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.*

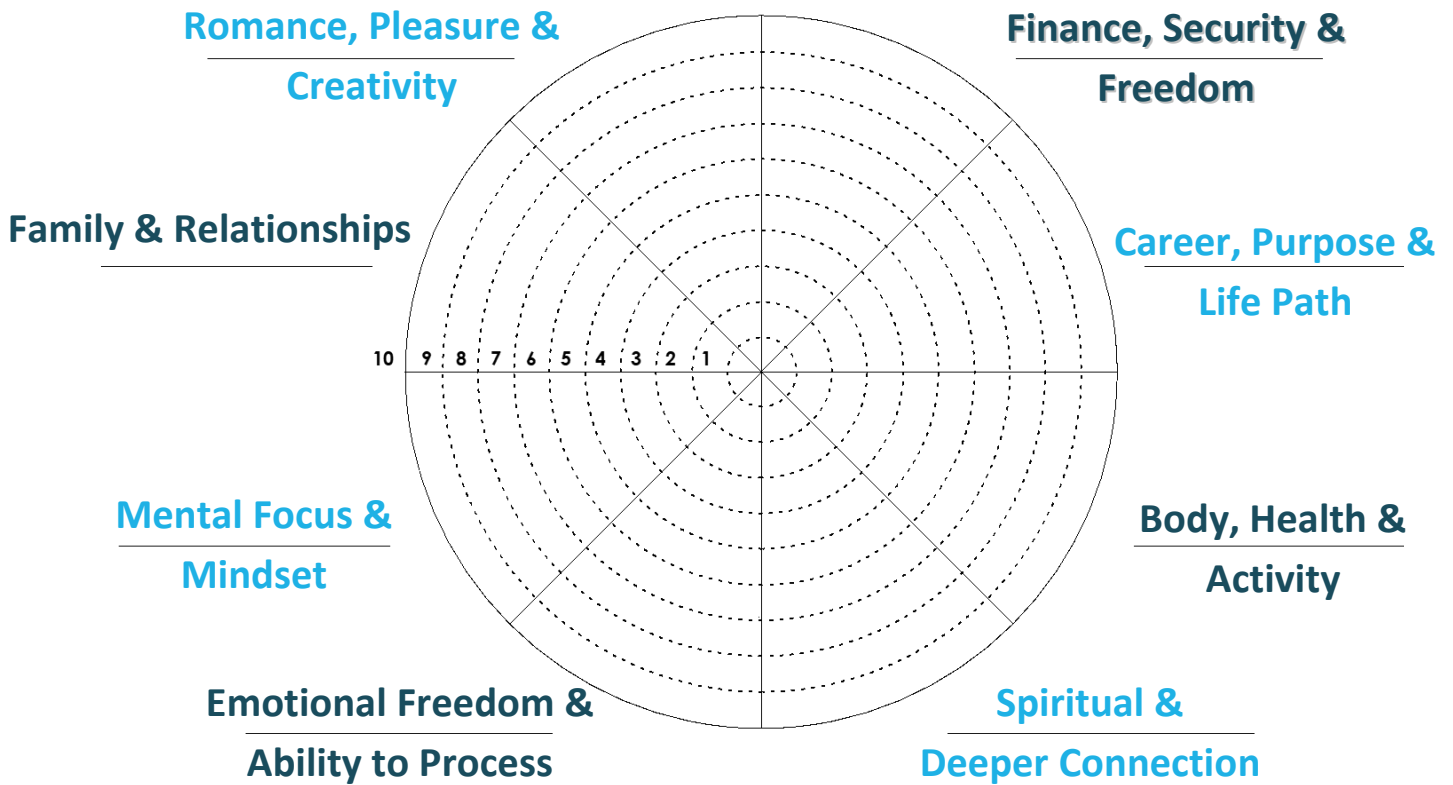
## Complete your personal Life Wheel using the template on p6

- **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

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**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.