

www.bernicemwinter.com

Bernice is committed to providing you with the best support and guidance possible as you move to a life of Self-Mastery.

To help her evaluate if this coaching program is going to be of benefit to you and your goals please provide the following information. Bernice will respond by email and arrange a time for a phone interview upon reviewing this application. Thank You. Once completed Email to <u>BMW@bernicewinter.com</u>. Subject line: Application

#### Application Date: \_\_\_\_\_

Circle one: Coaching Period Preferred: 12 weeks / 16 Weeks / 20 Weeks / 24 Weeks

Your goal(s) or desire(s) for change as a result of this coaching experience?

Full Name:

Birthdate:

Birthdate:

Male

Female

Email Address:

Phone:

Preferred:

Mobile

Home

Business

Respond to each question with a "yes" or "no" in the box to the right of the entry:

1. How frequently does your energy drop mid afternoon (i.e. noticeably after lunch)?

Never	2-3 times per	Weekends only	Every Day	Occasionally	
	week				

Comments: \_\_\_\_\_\_

#### 2. How frequently do you fantasize or wish you did something different for your work or career?

Never	2-3 times per	Weekends only	Every Day	Occasionally	
	week				

# Comments: \_\_\_\_\_\_

## 3. How frequently do you donate money, items or give of your time to charities?

Never		Monthly		Twice a year		Annually		Frequently	
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Comments:

### 4. How often do you eat meals in a restaurant or order meals in over an average month?

Rarely	Daily	Twice a Week	Weekly	Monthly	
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Comments:			

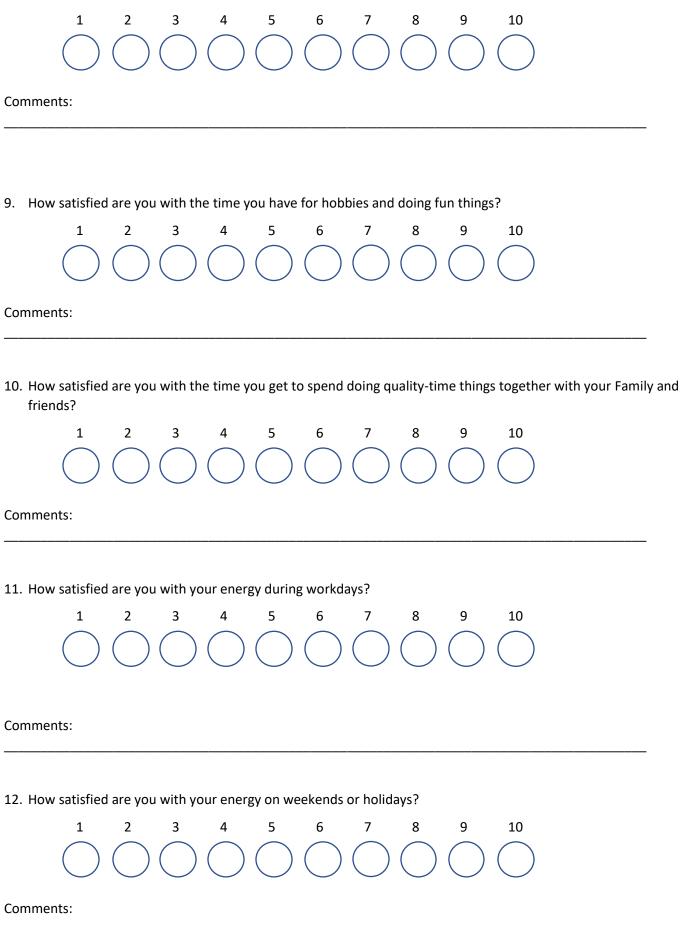
Rate the following on a scale of 1 to 10 with 10 being the highest:

1. How much do you enjoy the work you do or the career you have?

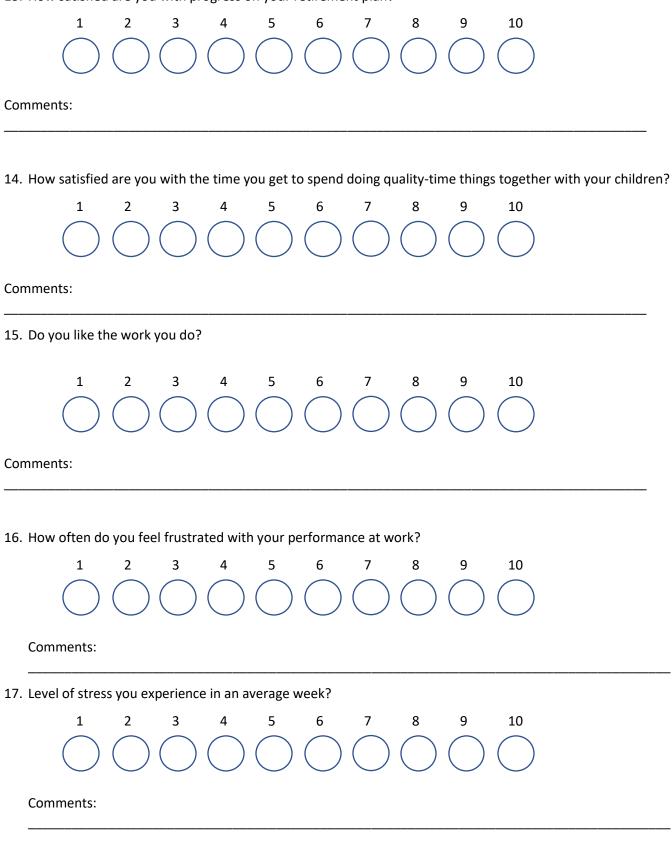
$\begin{array}{cccccccccccccccccccccccccccccccccccc$
Comments:
2. How satisfied are you with the money you have saved for retirement? 1  2  3  4  5  6  7  8  9  10
0000000000
Comments:

3. How satisfied are you with the salary you are earning today?
1 2 3 4 5 6 7 8 9 10
$\bigcirc$
Comments:
4. How satisfied are you with your Health?
$\begin{array}{cccccccccccccccccccccccccccccccccccc$
Comments:
5. How satisfied are you with the education you have?
1 2 3 4 5 6 7 8 9 10
$\bigcirc$
Comments:
6. How satisfied are you with your relationship with your spouse/partner or significant other?
$\begin{array}{cccccccccccccccccccccccccccccccccccc$
Comments:
7. How satisfied are you with your knowledge and application of spiritual practices?
1 2 3 4 5 6 7 8 9 10
$\bigcirc$
Comments:

8. How satisfied are you with the savings you have available today?



13. How satisfied are you with progress on your retirement plan?



# 18. Commitment to exercising?

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Comments:	
1. The number of hours you spend working in an average week?	
10 hrs 20 hrs 30 hrs 40 hrs 50 hrs 60 hrs 70 hrs More then 70 hours	
Comments:	
During the past 7 days rate each of the items below, on a scale of 10% to 100% with 100% being the most:	
2. The percentage of your time coest balancing your bank account in an average week?	
<ol> <li>The percentage of your time spent balancing your bank account in an average week?</li> <li>10% 20% 30% 40% 50% 60% 70% 80% 90% 100%</li> </ol>	
Comments:	
3. The percentage of your time spent watching TV in an average week?	
10% 20% 30% 40% 50% 60% 70% 80% 90% 100%	
$\bigcirc \bigcirc $	
Comments:	
4. The percentage of your time spent reading in an average week?	
10% 20% 30% 40% 50% 60% 70% 80% 90% 100%	
$\bigcirc$	
Comments:	

5. The amount of time spent with quality time (no phones or distractions) with immediate family (spouse and kids) in an average week?

	10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
	Comments:
6.	The amount of alcohol drank in an average week?
	Daily Weekends only Rarely Never
	Comments:
7.	The amount of physical exercise your get in an average week?
	Daily     Weekends only     Min 3x's per week     Rarely     Never       Image: Constraint of the second seco
	Comments:
Favorit	e Role Models, influencers, entertainers:
1.	Favorite Movies?
2.	Favorite Authors?

3. Favorite Celebrities?

In your own words, what are you hoping to achieve by working with me as a coach?