

FROM INVISIBLE TO UNSTOPPABLE the journey to Self-Mastery

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 BMW@bernicewinter.com. 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: _____

Male

Female

Birthdate: _____

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	<input type="checkbox"/>	2-3 times per week	<input type="checkbox"/>	Weekends only	<input type="checkbox"/>	Every Day	<input type="checkbox"/>	Occasionally	<input type="checkbox"/>
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Comments: _____

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

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

1 2 3 4 5 6 7 8 9 10

Comments: _____

2. How satisfied are you with the money you have saved for retirement?

1 2 3 4 5 6 7 8 9 10

Comments: _____

3. How satisfied are you with the salary you are earning today?

1 2 3 4 5 6 7 8 9 10

Comments:

4. How satisfied are you with your Health?

1 2 3 4 5 6 7 8 9 10

Comments:

5. How satisfied are you with the education you have?

1 2 3 4 5 6 7 8 9 10

Comments:

6. How satisfied are you with your relationship with your spouse/partner or significant other?

1 2 3 4 5 6 7 8 9 10

Comments:

7. How satisfied are you with your knowledge and application of spiritual practices?

1 2 3 4 5 6 7 8 9 10

Comments:

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

1 2 3 4 5 6 7 8 9 10

Comments:

9. How satisfied are you with the time you have for hobbies and doing fun things?

1 2 3 4 5 6 7 8 9 10

Comments:

10. How satisfied are you with the time you get to spend doing quality-time things together with your Family and friends?

1 2 3 4 5 6 7 8 9 10

Comments:

11. How satisfied are you with your energy during workdays?

1 2 3 4 5 6 7 8 9 10

Comments:

12. How satisfied are you with your energy on weekends or holidays?

1 2 3 4 5 6 7 8 9 10

Comments:

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

1 2 3 4 5 6 7 8 9 10

Comments:

14. How satisfied are you with the time you get to spend doing quality-time things together with your children?

1 2 3 4 5 6 7 8 9 10

Comments:

15. Do you like the work you do?

1 2 3 4 5 6 7 8 9 10

Comments:

16. How often do you feel frustrated with your performance at work?

1 2 3 4 5 6 7 8 9 10

Comments:

17. Level of stress you experience in an average week?

1 2 3 4 5 6 7 8 9 10

Comments:

18. Commitment to exercising?

1 2 3 4 5 6 7 8 9 10

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 than 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 spent balancing your bank account in an average week?

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Comments:

3. The percentage of your time spent watching TV in an average week?

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Comments:

4. The percentage of your time spent reading in an average week?

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

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

Comments:

Favorite 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?
