

Complimentary Strategy Session Questionnaire

Please answer the questions honestly and to the best of your ability, and email me your answers before our phone call. I look forward to speaking with you soon.

Full Name:

Phone Number:

Email:

1. What interested you in having a strategy session?
2. What is the main area of struggle or concern in your life right now?
3. On a scale from 1-10, how ready are you to invest in changing your results in your main area of struggle, on a physical, emotional, mental, and financial level?
1 2 3 4 5 6 7 8 9 10
4. What self-improvement work, if any (i.e. books, courses, coaching, etc.) have you done previously and what has been your experience with it?
5. If you are willing to share, please list any psychiatric diagnosis (depression, bipolar, etc.) you may have had in the past and any past or current treatment including past or present medications. If you are more comfortable talking about this in person, just let me know and we can do that.

Your Dream Life

Describe the life you would **LOVE** to live in each of the four key domains of life listed below. Write as if you are **ALREADY** living that life 3 years from now.

EXAMPLE: "I am so happy and grateful now that I enjoy vibrant wellness, strength, flexibility and abundant energy in my body"

Health & Wellbeing

I am so happy and grateful now that...

Love & Relationships

I am so happy and grateful now that...

Career & Creative Expression

I am so happy and grateful now that...

Time & Money Freedom

I am so happy and grateful now that...