

Intake Form: Preparing the Space

Ahead of our session, please take a few quiet moments to yourself to reflect and answer these. There are no right or wrong answers - only your own truth.

1. The Current Landscape: On a scale of 1–10, how "at home" do you feel in your own skin right now? (1 = I feel like a stranger in my own life; 10 = I feel deeply grounded and secure.)

1 2 3 4 5 6 7 8 9 10

2. Tuning Out the Noise: If you could turn down the volume on one "noise" in your life right now (a specific worry, pressure, or recurring narrative), what would it be?

3. The Muted Whispers: Is there a part of yourself, a dream, or a value that has felt "muted" or pushed to the background lately? What is it?

4. Defining Alignment: Describe a moment in the last month where you felt "in alignment" - where what you were doing matched who you truly are. Maybe in this moment you felt calm, light, relaxed. What was happening?

5. Dropping Anchor: What is the most important thing you want to walk away with from our first session together?

6. Partnership Style: How can I best support you when the "open ocean" feels overwhelming? (e.g., I need gentle encouragement, I want to be challenged directly, or I need silence to process.)

7. Final Housekeeping

- I have read the Welcome Letter and understand the professional boundaries and the limits of confidentiality mentioned therein.