

**LIFE/SOUL COACHING “Getting to Know You” Sheet**

**1. Name (how you prefer to be addressed):** \_\_\_\_\_

**2. Best way to contact you:** Phone\_\_ Skype\_\_ E-Mail\_\_ Text\_\_ Facetime\_\_

Other: \_\_\_\_\_

**3. Contact Info:** \_\_\_\_\_

**4. How did you hear about me?** \_\_\_\_\_

**5. How much exposure have you had to Law of Attraction (LOA)?**

none so far  new to LOA  some understanding  really get it

**6. How much exposure have you had to the idea of Allowing Success?**

none so far  new to allowing  some understanding  really get it

**7. When/what time/s of the day do you feel the most energized and have the greatest ability to focus?**

Mondays: \_\_\_\_\_

Tuesdays: \_\_\_\_\_

Wednesdays: \_\_\_\_\_

Thursdays: \_\_\_\_\_

Fridays: \_\_\_\_\_

Saturdays: \_\_\_\_\_

**8. Which option below is most conducive to feeding a fabulous focus for you:**

- Specific goals/action items energize me and help me focus
- I feel greater ease with more general/flexible ideas/intentions
- It varies depending on my current situation/vibe
- I'm not sure, but I am open to discovering which works best for me

**9. What things inspire happiness for you and what hobbies/passions/interests enhance your life?** \_\_\_\_\_

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**10. What areas of your life already feel successful and positive for you?** (Great family experiences, friendships, skills, abilities & talents, awesome adventures & travel experiences, great interactions with animals, etc. all count!):

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**11. Why do you feel coaching will benefit you right now & what results would you like to experience?** \_\_\_\_\_

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**12. Are you willing to learn new things and approach this experience with an attitude of openness and willingness?** (Circle one) Y or N

Thank you for taking a few moments to complete this form as this will help me know what matters most to you!