Spiritual Life Coaching Session

with Bakul Bhandari

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| **Client Information:**

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| **Name** |  |
| **Email** |  |
| **Session Date & Time** |  |
| **Age** |  |
| **Gender** |  |
| **Occupation** |  |
| **Current Location** |  |

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Background:

1. What prompted you to seek spiritual life coaching at this time?
2. Have you ever worked with a spiritual life coach before? If yes, please share your experience.
3. What are your expectations from this coaching session?
4. Are there any specific spiritual or personal growth goals you would like to work on during our session?
5. Do you have any prior experience with meditation, mindfulness, or other spiritual practices? If yes, please elaborate.
6. What challenges or obstacles are you currently facing in your life that you would like to address during our session?

Personal Growth and Wellness:

1. On a scale of 1 to 10, how satisfied are you with your current level of personal growth and overall well-being?
2. What areas of your life do you feel need the most improvement or attention right now?
3. How do you currently prioritize self-care and personal development in your daily life?

Spirituality and Beliefs:

1. How would you describe your current spiritual beliefs or philosophy?
2. Are there any specific spiritual practices or traditions that resonate with you?
3. Have you experienced any significant spiritual or transformative experiences in the past? If yes, please share.
4. What role does spirituality play in your life, and how do you envision it evolving in the future?

Logistics:

1. Do you have access to a quiet and comfortable space where you can participate in the session without distractions?
2. Is there anything else you would like to share or discuss before our session?