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Dear One,

It's been an honor to walk your path with you. Thank you for our time together.

Ancient wisdom tradition tells us we come into this world with specific traits that need tending so that we can become the best we can be. It's not about fitting into society's expectations or someone else's box. It's about breaking your mold. Coaching touches this space.

As you've learned... excellence isn't just acquired, it's embodied through mindful awareness which translated as "things done". Cool huh? Yes—YOU.

Attached is a closing assessment to help us both see what progress you've made. Keep in mind that sometimes it's darkest at dawn. The act of simply reflecting here can be hugely eye-opening.

Although you are always welcome to return to coaching with me, we are now complete with this commitment. If you can, please return your answers within one week. Thank you for our time together. I'm very proud of whom you've become. Are you?

Till next time...

Love and light, Annelies

A handwritten signature in black ink with a red glow effect. The signature appears to read "Annelies".

## REFLECTION & FEEDBACK ASSESSMENT

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Date:

Name:

### LOOKING BACK

1- In what ways and areas did coaching help you change, grow, heal and thrive?

2- What accomplishment(s) stands out the most?

3- What surprised you along the way?

4- What was most challenging about your journey?

5- What was most helpful to you about our process together?

6- Did you take advantage of any other offerings I provide, such as reading my book, attending my retreats, Wisdom Circle mastermind, workshops, classes or seminars? Which one(s)?

## LOOKING FORWARD

- 1- What's next? What short term/long term goal(s) are on your horizon?
- 2- What do you need more or less of in your life/business?
- 3- Would you like to coach with me again in the near future? What might be your next focus?
- 4- What topic of retreat or workshop topic(s) interests you most beyond what you've learned with me?

## SHARE

- 1- What would you tell others about coaching with me? Write a testimonial I may share on my website.
- 2- Any suggestions to improve my service in any way?

I appreciate your feedback and thank you for your time and trust during our sessions together. It is an honor to walk your path with you. Referrals are the BEST way to say thank you!! Send me your friends, family and colleagues! I'll take great care of them! ☺