



WOLFPACK LIFE COACH

Welcome to The Wolfpack Life Coach's Balance & Self-Care 8 Step Program Questionnaire!

Your decision to join us is the first step toward creating a life filled with more harmony and self-nurturing. This program is designed to guide you through understanding and implementing effective self-care practices, detoxing from toxic relationships, and embracing the power of gratitude. We're here to support you in crafting a life that not only feels balanced but deeply enriching. Let's embark on this journey of self-discovery and wellbeing together!

Personal Information

1. Name:
2. Preferred Contact Method (Email/Phone/Zoom):
3. What are your main reasons for seeking balance and self-care coaching currently?

Wheel of Life

4. Before starting the program, how would you rate your satisfaction in the following areas of your life on a scale of 1-10 (1 being not satisfied at all and 10 being completely satisfied):
Work, Health, Family, Relationships, Personal Growth, Recreation, and Finances?

5. Based on your scores, what are two areas you'd like to focus on improving?

Self-Care Quiz

6. How often do you currently engage in self-care practices?
Can you list some of these practices?

Comfort Zone Exercise

7. Would you describe yourself as more often 'too relaxed' and seeking motivation or 'constantly rushing' and needing to slow down? Please elaborate.

My Energy Zappers

8. Can you identify three things that significantly zap your energy? How do these impact your daily life?

Detox Your Toxic Relationships

9. Reflecting on your relationships, are there people in your life who consistently drain your energy? What steps can you envision taking to minimize their impact on you?

Self-Care and Needs Review

10. What are areas in your life where you feel you should take better care of yourself?

11. Can you identify any unmet needs that cause you stress or unhappiness?

Power of NO! Workbook

12. How comfortable are you with saying 'no' to requests or demands that conflict with your priorities or well-being?

13. What are three situations where you find it particularly challenging to say 'no'?

Letting Go Exercise

14. As we conclude the Balance & Self-Care program, can you think of any beliefs, habits, or relationships that you feel it's time to let go of? How do you believe letting go will impact your life?

Final Thoughts and Next Steps

15. What is one goal you hope to achieve by the end of the Balance & Self-Care 8 Step Program?

16. Do you have any concerns or questions about starting this program?

17. What are your preferred days and times for our sessions, and do you have a preference between in-person and Zoom meetings?

This questionnaire is structured to assess and reflect upon the client's current lifestyle, challenges, and areas requiring attention, setting the groundwork for a personalized and effective balance and self-care coaching journey.

Thank you for taking the time to complete this questionnaire. Your responses will help us create a more personalized and impactful Balance & Self-Care Coaching for you. We look forward to supporting you on your journey to achieving Balance within!

Warm regards,
Jyee Byrne
The Wolfpack Life Coach



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