



Date: \_\_\_\_\_

Full Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Email Address: \_\_\_\_\_

Unburden your soul, what struggles have you been going through lately that you hope to address?

What is your spiritual or religious background, if any?

Do any spiritual/religious practices or beliefs nourish your soul?

Have you ever had a Spiritual Life & Mindset Coach before? If so, when and for how long?

Do you feel you are ready to embark on this coaching journey? Being open to the process?

What specific areas of your life would you like to focus on during our sessions (e.g., relationships, purpose, personal growth).

Do you have any health or wellness considerations that may be relevant to our coaching sessions.

I coach while connecting to your Spiritual Team. Are you someone who is open to that energy?

Are you in a place where you are able to financially invest in your coaching journey?

Sincerely, *Trina Posata*

