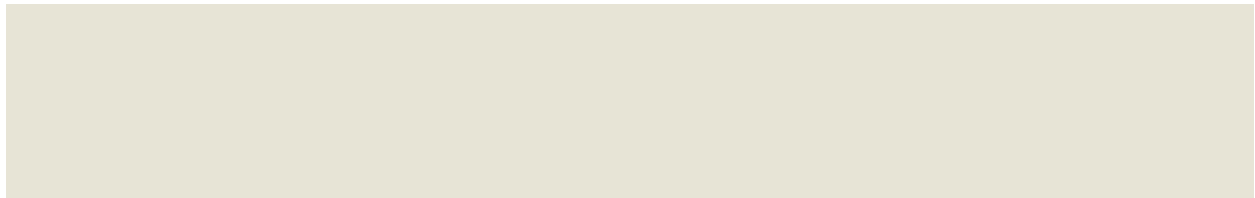


CATALYST LIFE COACHING, LLC

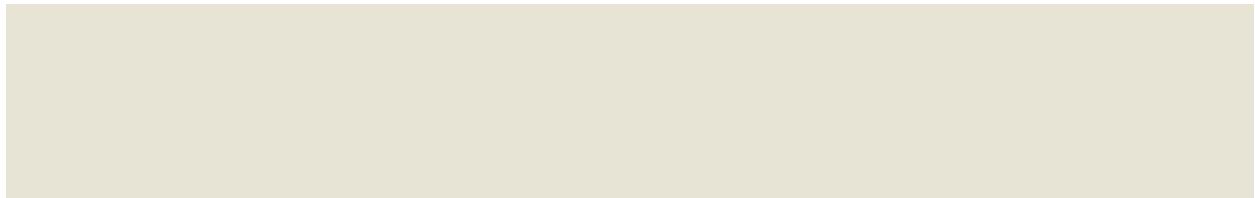
CLIENT QUESTIONNAIRE

Dear New Client: The following questions will give me better insight into who you are as a person and will greatly enhance our co-creative relationship. Please take some time to answer them.

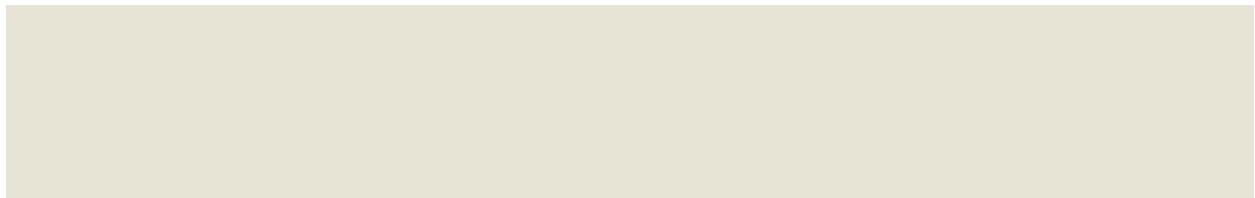
1. What is your personal reward system?



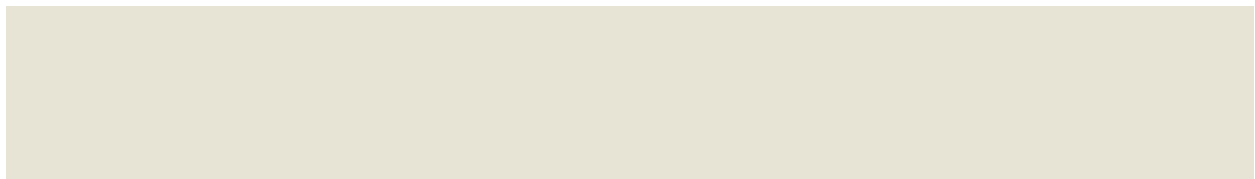
2. What activities do you enjoy?



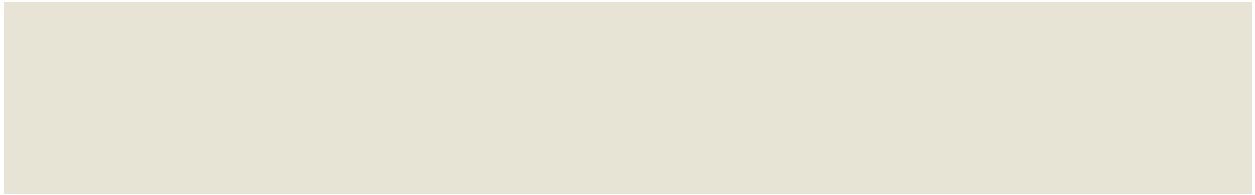
3. What are your strengths?



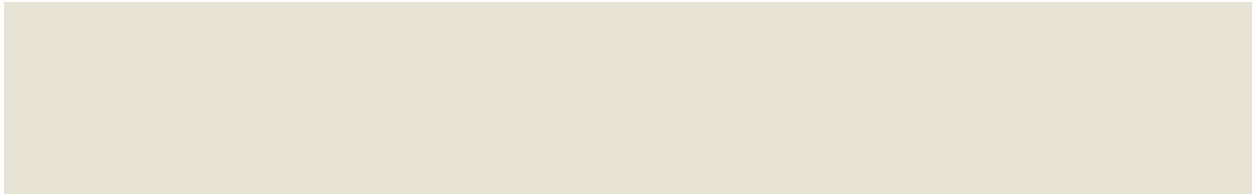
4. In what areas do you feel you can grow?



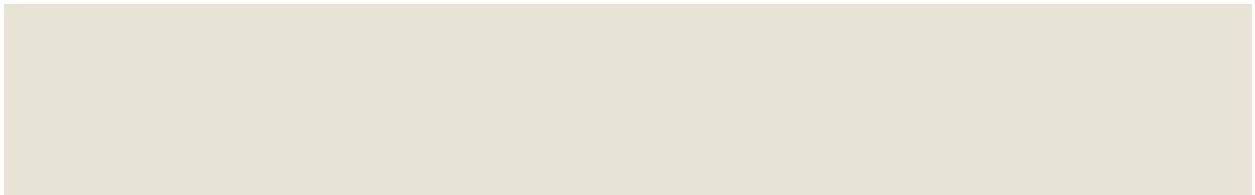
5. What does success look like for you?



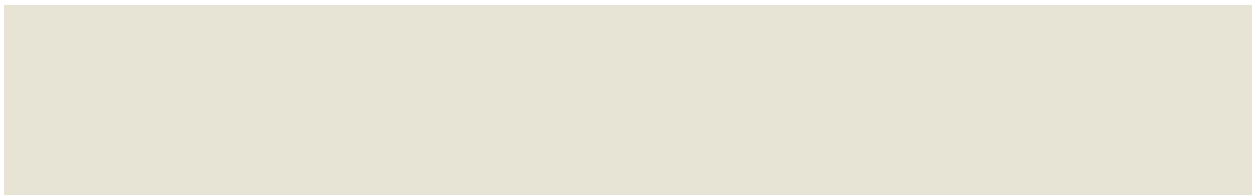
6. When have you felt most successful?



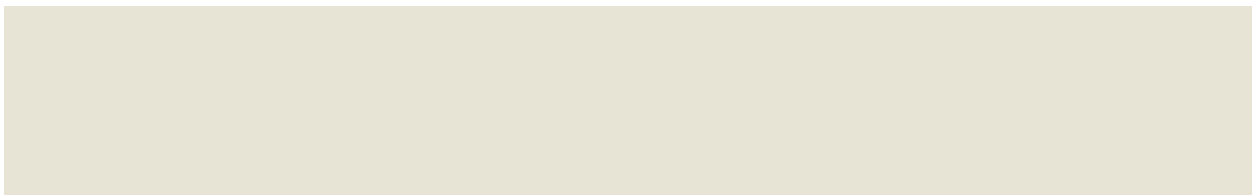
7. What motivates you?



8. What helps you feel in control?



9. What are your biggest struggles with ADHD?



10. What type of environment do you thrive in?

