



**Contact Information:**

**Full Name:**

**Date of Birth:**

**Name preference:**

**Gender preference:**

**Best number to reach you:**

**E-mail Address:**

**Occupation:**

**Marital Status:**

**Special Anniversary date:**

**Children Yes/No**



Directions: Please respond to the following questions. If you get stuck take a breath and ask yourself the questions again. Listen to your inner voice and write whatever you hear.

1. Are you currently seeking support from a mental health provider? If Yes, Please explain.
  
2. Have you been diagnosed with or taking medication for a mental illness that may impact your presence in this coaching process?
  
3. Please describe how you are not living in your authentic self in the following areas. Please keep your responses to 150 words or less.
  - Physical wellbeing (body and/or environmental)
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  - Emotional Wellbeing (How you feel about yourself and your life)



- Mental Wellbeing (What you think about yourself and your life)

- Spiritual Well Being (Your relationship with God or Higher Self)

4. Who is the person you desire to live as? What you like her/ him /they to look like in three months from now? Please respond in first person tense IE: "I am living my dream as a writer" versus " I would like to be a writer." Please keep answers to 150 words or less.

- Physical Wellbeing (body and/or environmental)



- Emotional Wellbeing (How you feel about yourself and your life)

- Mental Wellbeing (What you think about yourself and your life)

- Spiritual Well Being (Your relationship with God or Higher Self)