



New Client Questionnaire

*All Fields Required

First Name

Last Name

Email

Birthdate

How did you find me?

What inspired you to contact me? Was there an event in your life that has made doing this personal work more of a priority?

Do you have a background in transformational work? If so, have you been successful in making change, or do the same patterns repeat themselves?

Do you understand the term holistic healing? I base my work on addressing life as a whole. I believe that all parts of our life (body, mind, heart, and spirit) are connected, and when one part of that puzzle is out of alignment with the others, life can feel fragile and weakened.

Are you working with a health care professional now? If so, are you willing to sign a form that would allow us to speak to each other if the need arose?

Are you on any psychoactive substances? A psychoactive substance is a chemical substance that changes brain function and results in alterations in perception, mood, or consciousness.

Examples of psychoactive substances include:

- Antidepressants
- ADD medication
- Tobacco
- Alcohol
- Caffeine
- Cannabis

Can you represent yourself truthfully? If we are not dealing in the truth, no progress will be made in our sessions.

Have you ever participated in a 21, 30, or 40 consecutive day challenge?

What rituals already exist in your life? Describe the way these rituals make you feel. Think of rituals as routines that make you feel happy, safe, and successful.

What makes you most happy, and how do you manifest it in your life? Think big and small here. Imagine trips and adventures and then the simplicity of a flower, a bird, or a song.

What are some of your biggest obstacles/blocks right now? Do you have awareness around what holds you from your happiness?

What negative impact have these obstacles had on your life? I know this type of question is tough—dig deep and bring honesty to your answer.

How successful are you at following through on a decision? We all know what it's like to make that New Year's resolution and have it slip through our hands. What if that never happened again?

What is your relationship to money?

How would it feel to experience realistic growth in the next 4 to 8 months?

How would it feel to depend on yourself and know that you already have everything you need to make all your dreams come true?

How would you define spirituality, and how does it appear in your life?

What spiritual practices do you already have in your life?

Are you willing to make an investment in yourself? Coaching is a significant investment of your time, money, and energy. You'll get from it as much as you give. Are you willing to stretch out of your comfort zone?

How will you know if you are receiving value from working with me? What outcomes would make the investment worth it?