

## Personal Info

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

Email \_\_\_\_\_ Occupation \_\_\_\_\_

The service I offer is based on connection and trust. It also has the potential to assist people to work through some of the places in their life where they would like resolution or clearer communication. The following questionnaire may have some questions that you are uncomfortable with answering or simply unable to answer. Please feel free to skip anything that you don't feel comfortable with answering I don't know. I hope to use this to get a better idea of what kind of person you are and what you are wanting out of life.

### 1. Name 3 things that are important to you.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

### 2. What are 3 interests that define you

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

### 3. Name 3 activities that you have had to let go of due to changes outside of your control

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**4. What are 3 things you would like to do before you complete this life**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**5. How would you describe your health overall? If your body could talk, what would it say about its state of being?**

**6. What do you do for exercise? What do you do for relaxation or stress reduction?**

**7. Major illnesses and surgeries, chronic conditions, accidents:**

**8. Current health challenges, and how they affect your daily life?**

**9. Is there an old hobby you used to love doing but feel you would need support igniting again?**

**Or maybe a new hobby you would love to start?**