

email to: kevin@energizeu.com



Questionnaire for Your Complimentary

Mindfulness & High Performance Strategy Session

Goal: *To help you reach heightened levels of Clarity, Energy, Courage, Gratitude and Influence on your way to a healthy, prosperous and balanced life.*

Instructions:

Please answer the questions below and on the following pages to the best of your ability. Please email or fax your responses to me before our call. - fax = 203.250.0007

Your Full Name: _____

Phone Number: _____

Address: _____

City, State, Zip: _____

Country: _____

Email: _____

Occupation: _____

Date of Birth: _____

Gender : Female Male

Marriage Status: Married Single Divorced

Please tell me how your heard about my Coaching Services and why you would like a Strategy Session with me:

Be Clear

Be Energized

Be Grateful



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Please rate yourself in the following areas of your life on a scale of 1 (low) to 10 (high):

Clarity: Do you feel you are clear about who you are, your purpose, and the direction you want to go in life?	1 2 3 4 5 6 7 8 9 10
Energy: Do you consistently have enough mental and physical energy needed to excel, accomplish your goals, and feel motivated and happy?	1 2 3 4 5 6 7 8 9 10
Courage: Do you take action and consistently express who you truly are, and what you truly think, need, and desire with the world?	1 2 3 4 5 6 7 8 9 10
Gratitude: Do you have a practice of being grateful for what you have already received? Do you have a habit of sharing and speaking your gratitude?	1 2 3 4 5 6 7 8 9 10
Influence: Do you feel you have the social influence with your family, friends, and team needed to accomplish your goals?	1 2 3 4 5 6 7 8 9 10

1. What do you do for a living, and why did you choose that career?
2. What are your top 3 goals you are striving to achieve right now?
3. What major stressors or challenges are you struggling with right now?
4. When you feel like your most successful and happy self, what makes you feel that way?
5. What would your dream life look like if you could wave a magic wand and make it happen?

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Questions - continued

6. What has prevented you from having that dream life?

7. What goal or dream have you ever given up on or failed at, and what do you believe caused you to stop or fail?

8. What 3 big changes would you like to make in your life, in the next 12 months?

9. What are you most proud of and excited about in your life?

10. Why would you like to work with a Mindfulness & High Performance Coach?

**Thank you and please email to:
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