

**Life Coaching Form**

Date: ……………………………………………………………………………………………………..........................

Full Name: ……………………………………………………………………………………………………..........................

Address: ……………………………………………………………………………………………………..........................

……………………………………………………………………………………………………..........................

Phone #: ……………………………………………………………………………………………………..........................

Email: ……………………………………………………………………………………………………..........................

These coaching sessions are designed to support you in finding the tools to reach your goal(s), and to offer solutions to increase your quality of life by providing a deeper meaning to your existence. As a coach and facilitator, my essential role is to hold a space to contain the entire authenticity of you. I am not a therapist, but here to be in the healing presence of Life together with you. We follow a respectful communication and total confidentiality.

**1. Where you are:** awareness of your present reality

* Please highlight any of these indicators you experience:

|  |  |
| --- | --- |
|  | * I feel that something is holding me back and want to take the limits off.
 |
|  | * I know what I should do but often cannot generate the will to do it.
 |
|  | * I often feel angry, resentful, embarrassed, guilty or depressed.
 |
|  | * I either dominate and intimidate others, or I feel intimidated, coerced and manipulated and can’t stand up for myself.
 |
|  | * I work compulsively often to the detriment of other aspects of my life.
 |
|  | * Meaning is going out of my marriage, my career or life in general. I often feel I’m just going through the motions.
 |
|  | * There’s a lack of intimacy in my life — I’ve been unsuccessful in creating relationships or have had repeated failed relationships.
 |
|  | * I’m either unemotional and disconnected from my feelings, or my feelings are running me.
 |
|  | * I recognize that my parents (or my care-takers as a child) were not as loving or supportive as I wanted them to be.
 |
|  | * I know that challenging things happened in my childhood or in my past in general.
 |
|  | * I see myself passing my own pain onto my children, my partner or whoever lives with me.
 |
|  | * I want to be a supportive and inspiring parent/partner/friend/etc.
* I am happy with my present life but I want to learn more about well-being and health.
* I am yearning for a more balanced and harmonized exterior and interior existence.
 |

* List what you think are your positive traits or what others often admire you for (example: empowering, caring, thoughtful, kind, fun, etc.)

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* List what you think are your negative traits or what others often criticize you for (example: judgmental, impatient, guilt-driven, angry, depressive, etc.)

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* How do these negative traits affect your life (physically, psychologically, professionally, loving relationships, family relationships, friends, …)?

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* How do you feel? Be descriptive and honest with your answer to get effective results.

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* What are your current eating habits? What would you like to change in your eating habits?

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* What are the physical blockages/diseases you may have/have had and what method do/did you use to take care of it?

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

**2. Where you came from:** dive into the healing process, focus on finding your soul and your deepest aspirations. Healing the soil of your past will help you to grow the fruits of your future

* List a few of your best memories as a child? What was the most fulfilling and joyful things you liked to do as a child?

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* What is the obstacle/problem you want to overcome? What would you like to change the most in your life right now?

*“My blockages in life and/or diseases are…”*

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

**3. Where you want to go:** set the intentions of your dream life, transform your life with all your body, your emotional, your intellectual and your spiritual capacities and talents

* List a few things you like in life and a few things you like *to do*:

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* What are you good at?

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* *“If everything was possible, I would…”* (write 8-10 lines starting with this proposition):

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* *“Before I die, I would like to….”* (write 8- 10 lines starting with this proposition):

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* What do you want? (a “want” is a choice; a desire which a person may or may not be able to get. Life will still continue if a person doesn’t get what they want)

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* Why?

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* What do you need? (a need is something that a person must have in order to thrive. Without it, that person will suffer either physically or mentally)

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* Why?

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* How far do you think you have reached “what you want” in life? (on a scale of 1 to 10):

…………………………………………………………………………………………………………………………………………….

* How far do you think you have reached “what you need” in life? (on a scale of 1 to 10):

…………………………………………………………………………………………………………………………………………….

* List 8-10 sentences starting with *“I have to/I must…”*

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

Now read-out load these sentences above by replacing *“I have to/I must”* with *“I want”* and note if you experience a difference of FEELING in you when you read this way, and if some of them are not part of your goal anymore.

* What physical activity do you like to do? MOTION CREATES EMOTION, it gets your energy up, the fire to thrive!

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

* ENTHUSIASM (Greek root “in theos” = “in God/in the Source/in the Energy of Life”) and HEALING come when you have a goal that is meaningful to you. *My intention for the transformation of my life is:*

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

…………………………………………………………………………………………………………………………………………….

Understand that what you just managed to answer is a huge step towards the fulfillment of what you really REALLY want in life (or what your soul is supposed to do if you believe in destiny). BEING AWARE is already 50% of the journey towards change. Appreciate the work you just did and congratulate yourself for the time and energy you gave to yourself, it’s a big gesture of love towards you and the world. Congratulate yourself also for the courage, honesty and humility that were required to complete this exercise. We hope this exercise supported you to reconcile with yourself and with Life and will give you some great keys for jumping higher in your liveliness!

Thank you and I look forward to accompanying you on the path of your authenticity.