

What are three things are you proud of in your life at the moment?

- _____
- _____
- _____

What three things could be improved in your life at the moment?

- _____
- _____
- _____

What challenges are you currently facing?

What do you see as your strengths?

What do you see as areas in need of personal improvement?

If there is a change you would secretly like to make, what is it?

What is your goal for your life? How will you know when you have achieved this goal?

What do you see as obstacles to reaching this goal?

I want to participate in coaching because I am looking for:

- | | |
|---|---|
| <input type="checkbox"/> More meaning/purpose in life | <input type="checkbox"/> To achieve my goals faster or more easily |
| <input type="checkbox"/> More fulfilment and happiness | <input type="checkbox"/> To learn to trust myself more and be my authentic self |
| <input type="checkbox"/> More ease and simplicity | <input type="checkbox"/> To achieve greater health |
| <input type="checkbox"/> More balance | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> To change or move forward in my career | |

Do you suffer from:

- | | | |
|--|--|---|
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Nightmares | <input type="checkbox"/> Self Injury Behaviour / Self Harm |
| <input type="checkbox"/> Grief | <input type="checkbox"/> Loss of Interest in Life | <input type="checkbox"/> Addiction |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Codependency | <input type="checkbox"/> Excessive Eating |
| <input type="checkbox"/> Pain | <input type="checkbox"/> Flashbacks | <input type="checkbox"/> Financial Stress |
| <input type="checkbox"/> Irrational Fears | <input type="checkbox"/> Too much Energy | <input type="checkbox"/> Loss of Meaning in Life |
| <input type="checkbox"/> Feelings of Guilt | <input type="checkbox"/> Feeling of Lethargy | <input type="checkbox"/> Loss of Faith in God or higher power |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Loss of Appetite | <input type="checkbox"/> Conflicts at work |
| <input type="checkbox"/> Frequent Worry | <input type="checkbox"/> Low Self Esteem | <input type="checkbox"/> Hyperactivity |
| <input type="checkbox"/> Loneliness | <input type="checkbox"/> Substance use / abuse | <input type="checkbox"/> Impulse Control Problems |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Suicidal Feelings | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Poor Concentration | <input type="checkbox"/> Loss of Hope | |
| <input type="checkbox"/> Racing Thoughts | <input type="checkbox"/> Rage | |
| <input type="checkbox"/> Difficulty Sleeping | <input type="checkbox"/> Difficulty in Relationships | |

Have you ever had a medical diagnosis? Does it feel right to you? What are your symptoms?

Do you see other natural healthcare practitioners (list)?

Is there anything else you wish us to know?

Coaching Agreement:

AMPLE Coaching, Active Emotional Release, and Geotran are powerful healing tools that work on deep mental, emotional, and spiritual levels. Deep mystical experience can occur, as well as life-changing realizations. Sometimes, suppressed emotions or physical tensions may receive enough healing energy to be pushed to the surface so they can be released or resolved; this process may create various emotional or physical symptoms. Deep healing is a process that is intended to create changes in one's life, and those changes can manifest physical, emotionally, and spiritually. It is all part of the healing process.

___ I agree that I have read and understood the above paragraph. I understand that I may have ups and downs as a result of deep healing, and agree that AMPLE Coaching is not responsible for any individual symptoms that may arise as a result of receiving AMPLE coaching services. I agree to take personal responsibility for whatever physical or emotional symptoms may arise as part of the healing process, as well as to take responsibility for seeking medical treatment when I perceive it is necessary.

___ I understand the practitioner is not a medical professional nor a psychotherapist, and that coaching does not constitute medical advice or therapy. Although my coach may comment on the nature of body energetics and consciousness in relation to disease and mental health, it is understood that these comments are not intended as advice for any course of action for any medical or mental health issues. I understand and agree that AMPLE coaching does not take the place of medical treatment or evaluations.

___ I commit to doing the hard work needed for personal growth and to reach my goals. I understand that I alone am accountable for my own actions and ultimately for my success. While AMPLE Coaching can help lift the mental, emotional, and spiritual blocks to living my best life, no specific results are guaranteed.

Name: _____ Date: _____

Signature: _____

In return, AMPLE Coaching agrees to provide 100% confidential and non-judgemental coaching in the form of active emotional release and Geotran. We want to be your success advocate, understanding that success looks different for every individual, and will help you gain clarity on your goals, release emotional blocks, and perform Geotran energetic field integrations to help you to the best of our ability and within the limits of our expertise.

Practitioner: _____ Date: _____

Signature: _____