

AMANDA SOPHIA

Transformational Coaching Questionnaire

To make the most of our time together, please fill out the questionnaire and assessment below with thought and attention to your goals. These questions are designed to help you to become more aware and create a clear focus and intention. This will also enable me to provide the most fitting ways to enhance your home to be a nurturing environment that will fully support you.

(Simply type your answers into the open boxes below. They will expand as needed.)

Name:		DOB:	
Address:		City/St/Zip	
Phone:		Email:	
Occupation:		Spouse:	

Please list three things that you are grateful for:	
Please list three things that you love about yourself:	

What is your overall intention for us working together?

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Overall Assessment

Please review these topics and the accompanying questions. Insert a number in the box provided that rates how satisfied you feel regarding each area. You may add personal comments in the box if you would like.

1. Career and Life's Journey

- Are you passionate about what you do for a living, and does it feel fulfilling?
- Are you acknowledged and respected by the people you work around?
- Do you like to try new things, and do you feel anything is possible?

Scale 1-5 (one being least satisfied, five being most satisfied) and additional comments

2. Knowledge/Wisdom/Self Cultivation

- Do you feel free to grow and learn new things – that there is more out there?
- Does your life and schedule allow time for cultivating new knowledge and awareness?
- Do you feel you are intelligent and use wisdom in making decisions?

Scale 1-5 (one being least satisfied, five being most satisfied) and additional comments

3. Family/Community

- Do you have a good relationship with the family you live with?
- Do you feel controlled or overlooked by your family including your parents?
- Do you feel tension or an unusual amount of arguing within your family?
- Do you feel connected to a sense of community?

Scale 1-5 (one being least satisfied, five being most satisfied) and additional comments

4. Wealth/Prosperity/Abundance

- Do you feel fortunate in your life? Are good things happening to you?
- Do you feel you spend money wisely or does it seem to 'disappear'?

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- Do things show up when you need them without expectation? Does your life feel abundant?
- Do you feel you deserve wealth and prosperity?

Scale 1-5 (one being least satisfied, five being most satisfied) and additional comments

5. Fame and Reputation (how you shine your light in the world)

- Do you feel good about yourself and who you are?
- Are you overly concerned about what people think about you?
- Do you feel you have gifts and wisdom, 'light' to share with others?
- Do you feel free to share those gifts?

Scale 1-5 (one being least satisfied, five being most satisfied) and additional comments

6. Love and Relationships

- Do you find it easy to love yourself, treat yourself well, caring for your emotional, spiritual and physical needs?
- Do you find you can flow with your partner and work together on life's everyday tasks?
- Does communication between you and your partner seem strained most of the time? Is it hard to find time to share your day and feelings?
- If you are single, do you seem to attract the 'wrong type'...or find it difficult to meet single eligible people?

Scale 1-5 (one being least satisfied, five being most satisfied) and additional comments

7. Creativity/Children/Inner child

- Are you creative and excited about life and starting new projects?
- If you are a parent, is your relationship with your children rich and positive?
- If you want kids, are you having trouble planning or conceiving?
- Do you feel connected to yourself and the playfulness within you?

Scale 1-5 (one being least satisfied, five being most satisfied) and additional comments

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8. Travel/Helpful People

- Do you feel you are supported by friends and family?
- Are you able to receive help from others when they offer, or do you try to 'do it alone'?
- Does it seem that the right people show up in your life at the right time...being 'angels' in some way?
- Do you travel as much as you would like? Does it feel like you are missing opportunities to see the world?

Scale 1-5 (one being least satisfied, five being most satisfied) and additional comments

9. Health/Unity/Balance

- Do you have health concerns that seem to go from one thing to another?
- Does your life feel in balance and do you eat well and exercise in keeping with your goals?

Scale 1-5 (one being least satisfied, five being most satisfied) and additional comments

After reviewing these questions (and talking with your partner, if you have one), please take a few minutes to explain any of these areas that don't feel good to you right now. Maybe you feel they are blocked in some way, or there is something missing or hindering you from living and feeling your full potential. What would you like to change about how your life feels?

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Which of the above areas (1-9) seem to need attention for improvement in your life?
Please explain:

Please email back to me your completed questionnaire and floor plan at least 48 hours prior to your appointment: info@joinamandasophia.com

Payment is due after your appointment. There is a 24-hour notice required for cancellation. If you cancel less than 24 hours prior to your appointment, there will be a \$100 charge.

Thank you for taking the time to fill out the questionnaire, I am looking forward to our time together.

Please note: All information you provide will be held in the strictest of confidence. Services and consultations provided by Amanda Sophia or any other of its consultants are not intended as a substitute for the care of a licensed medical provider. I serve as a reference and guide for Feng Shui. There are no guaranteed outcomes; please keep in mind that individual results may vary, based on client interest and participation.