Before our first call, please respond to the following prompts in as much detail as you can.

Replace self-judgement with curiosity. ☺

We can only create change after we first acknowledge the area(s) in our lives that are out of balance.

1. **In the past three months I felt mostly**…(i.g., stressed, tired, average…..etc)

2. **I evaluate my energy during the day as** (i.g., low, fluctuating, high)

3. **I experience the most stress/fear when/because of…**

**4. If I could make ONE change in my life, what would this change be?**

**5**. **How would my life be like in three months, if I don`t make any changes?**

**6**. **How would my life be like in three months, if I do make positive changes?**

**7.** **What are my goals with life coaching?**

**8. How much does it cost me (financially & emotionally) to remain where I am without changing anything?**

**9. How ready am I to change my life from 1-10?**

**10. What is the one thing I appreciate the most about myself?**

**Thank You!**

**Ana-Maria**

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