



I am looking forward to our

Journey Back to Health & Wholeness

Please find a link below for payment of \$75.00 due upon receipt

Once received I will send the **weight loss program information.*

If you have time I would love to learn more about you. Please send me any highlights about you and you're life that you feel it is important for me to understand before we begin our sessions. You may write in any style and about any part of you're life. Let me know if what you are describing is current, past or future information- You may use the questionnaire attached or free writing & return to me, prior to our class.

A Journey Back to Health & Wholeness program

12 weeks of accountability daily plus 6 in class sessions May-July 2018

[paypal.me/lauraannmoyer/75](https://www.paypal.me/lauraannmoyer/75)



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You're Journey begins....



Name:

Email:

Phone:

Address:

Is it ok to Leave voice messages? Yes No

Age:

Emergency Contact:

Relationship:

Other important or meaningful relationships:

What do you like to do in you're free time?

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What is most important to you right now?

Have you tried other weight loss programs? How have they worked? Why did they not work?

We will cover other areas in coaching besides health & weight related issues- What are your other goals in coaching?

What else would be helpful for me to know?

General Health Status:

How often do you get ill?

Headaches?

Allergies?

Digestive Issues?

Chronic exhaustion?

General uneasiness or unhappiness?

Have you worked with other coaches, therapists, or other helping/healing practitioners before? If yes please describe:

Do you have a history of mental illness and/or suicidal thoughts? If yes please describe.

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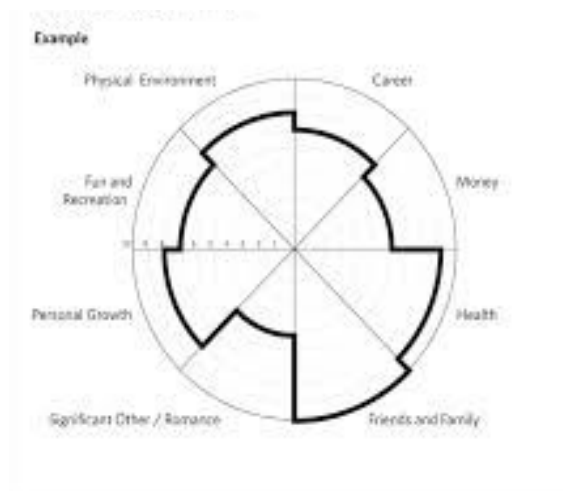


COMPLETE THE WHEEL:

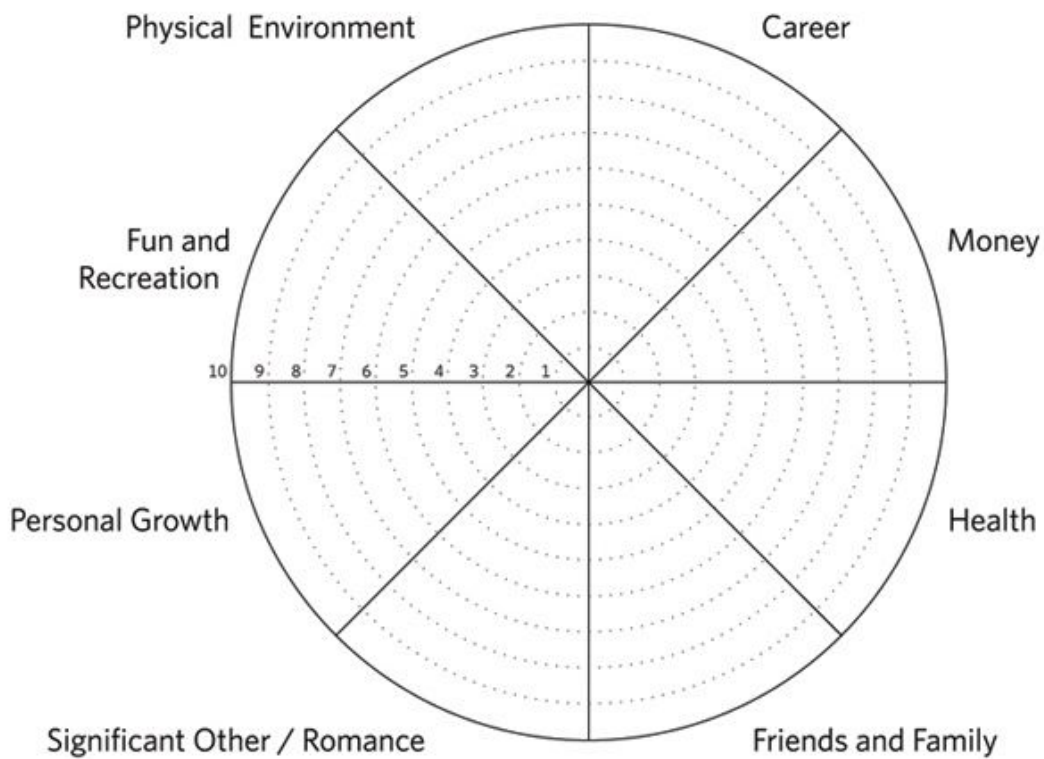
1. Review the 8 Wheel Categories - think briefly what a satisfying life might look like for you in each area.

2. Next, draw a line across each segment that represents your satisfaction score for each area.

- Imagine the centre of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside (see example)



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Return these pages to me before the first night of class.

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