

Course Prep Questionnaire



Your Preparation

As you prepare to start this course, it may be useful for you to think through some of the following points.

Questionnaire

Why did you register for this course?

Describe a typical day for you right now, including the emotions you feel on a daily basis.

What is truly important to you in life?

How would you like your life to look and feel?

In which ways would you like to transform your emotional world?

If you were going to live a stress-free life, what are 3 things you would do differently?

If you were being the best version of yourself, what would that look like?

Have you ever done a course like this before?

If you don't make a change now, what will your life look like this time next year?

If you choose to take action on what you learn in this course, how will that impact you?

What are the things you most hope to learn?

What do you want to gain from learning them?

How do you hope this course will benefit you personally?

What overall impact would you like to see happen in your life as a result of doing this course?

Are you ready, willing and able?

Are you completely willing to do the work you need to do to get you closer to your goals?

Are you willing to stop or change self defeating behaviours that hold you back?

Are you willing to try new things even if you're not 100% convinced they will work?

Do you have the patience to take consistent action towards your goals even if the results aren't immediate?

Making time in your week

	Yes	No
I have time to invest in myself		
Am I prepared to do what it takes to improve myself and live a better life		
I can make and keep appointments with myself and take action on my goals		
I commit to booking the following days and times in my calendar each week to complete this course:		

Please complete this form and email back to me at least 24 hours prior to our first session.

Thanks!

Coach Carly xx