



Hello,

Congratulations on your decision to participate in a private confidential transformational coaching and energy healing process. Your participation in this program could very well be one of the most impactful decisions you've ever made in your life. If you commit to this process and to the integration of the materials into your personal and professional life, you will most certainly see dramatic positive changes in all areas.

The following confidential questionnaire is designed to allow me to identify key areas in your life to focus on. As you will discover, this goes into many areas of your life with the understanding that each area has an impact on your ability to live the balanced, fulfilling, healthy life that you truly want.

As with any program, the key to success starts with YOU! If you are committed to showing up authentically and fully, you will experience amazing results.

Here's to your success!

A handwritten signature in black ink, appearing to be "Jennifer Emperador", written in a cursive style with a long horizontal stroke extending to the right.

Jennifer Emperador

"And suddenly you know...It's time to start something new and trust the magic of beginnings"

T: 602.502.0307 ☯ S: imemprwd

explore@soldiscovery.com

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Confidential Life Audit

Name (Last, First)	Telephone:
Email:	Skype:
Referred by:	City/State:
Have you ever been to a counselor, life coach, or therapist? <input type="checkbox"/> Yes <input type="checkbox"/> No	Best time to contact:

SELF-EVALUATION

Please rate yourself in the following areas of your life CURRENTLY from 1-10 (“1” being the least satisfied or lowest rating and “10” being the ultimate or ideal rating.) It is important for you to be extremely honest, giving the number that best represents your PRESENT situation.

Physical Health

Energy Level _____	Rest/ Sleeping Habits _____
Exercise Habits _____	Eating Habits _____
Overall satisfaction of health _____	

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Relationship Health

Personal/Family _____	Quality of friendships _____
Ability to communicate effectively _____	Business Relationships _____

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Mental and Emotional Health

Self-Confidence/Esteem _____ Intelligence/Education (overall) _____
Ability to complete projects/commitments _____ Overall Stress Level (1 low, 10 high) _____

Joyful Living

Balance/ Harmony in your life (overall) _____ Hobbies/Recreational activities _____
Ability to have fun - Laughter/Humor _____ Adventure/Travel/Vacations _____
“Recharging Activities”: Spa, Meditation, Read _____

Work Environment

I feel that I am in the right career _____
My work environment is inspiring _____
Clutter Level (1 very cluttered, 10 very neat) _____
Organization (1 very disorganized 10 very organized) _____

The intentions that I would like to create to enhance my personal growth are:

Disclaimer: Sol Discovery does not provide medical diagnosis, or consultations related to health, medical or psychiatric issues; nor does it serve as substitute for medical or psychological diagnosis and treatment. It is recommended you see a licensed physician or licensed healthcare professional for any physical or psychological ailments you may have.

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