



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 line 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

www.soldiscovery.com



Confidential Life Audit

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

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.

Mental and Emotional Health

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

Physical Health

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

Relationship Health

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



Joyful Living

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

Client Signature

Date

Jennifer Emperador, Practitioner

Date

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.

By utilizing the services and information provided by Sol Discovery, you acknowledge and agree to fully release, indemnify, and hold harmless, Sol Discovery, and others associated with Sol Discovery, from any claim or liability whatsoever, including without limitation, direct or indirect, special, incidental, compensatory, exemplary or consequential damages, losses or expenses.

Any information, stories, examples or testimonials presented on the Sol Discovery website do not constitute a warranty, guarantee, or prediction regarding the outcome of a treatment with Sol Discovery. You may not disseminate, modify, copy, in whole or in part, such copyrighted material unless specifically permitted to do so by Jennifer Emperador (dba Sol Discovery). By continuing to explore this website, or choosing to respond with and receive any coaching or energy sessions from Sol Discovery, you agree to all of the above.

T: 602.502.0307 ☯ S: imemprwd

explore@soldiscovery.com
www.soldiscovery.com