The House of Compassionate Gratitude Inc

Intake and agreement

Name.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Scheduled Sessions \_\_\_\_\_\_ Start Date \_\_\_ End Date

We believe that we all have a life path and purpose. We believe that all

lives are meant to be lived in a happy positive way. Although lives are

full of lessons we believe they are all meant to teach us and help us

grow into better happier people and enlightened souls. In working with us

we will strive to help you to understand your path and purpose. Awareness

and happiness are choices and a way of life not labels or destinations.

This questionnaire is designed to help us understand where you feel

you are and where you would like to go. Thought out our work

together we will check in and evaluate what has changed and what has

stayed the same. It is a living document and we can add to it or

change it at anytime. There are NO wrong answers. Our first session

will consist of reviewing your responses and my understanding of

them.

I will take notes in each session and provide you with brief written

feedback after each session. This is done to insure understanding and

help us both follow up.

In this agreement you agree to be honest and engaged in your own

success. You agree to commit to yourself and this process for a period

of \_\_\_ months.

Client signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date \_\_\_\_\_\_

The House of Compassionate Gratitude Inc \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

All sessions, conversations, communication are confidential,

except where prohibited by law or danger to life.

I am not a licensed therapist or counselor. We are not liable for your actions.

***The coaching session- What to expect.***

***Getting the most from your session***

* Clear your space, inner space and physical space.
* Plan for your session, the same time every week/month.
* We will work together to set goals and plans based on your needs.
* Come with your thoughts and prepared to discuss.
* You are encouraged to take notes as well.

***Why to work with a life coach.***

* + Helping you to know and value yourself
  + Help you see and know your souls spiritual life path
  + Provide guidance in knowing the signs of the soul journey
  + Provide guidance in knowing the signs of Karma, fate etc
  + Explore your soul and birth family dynamic
  + Encourage you to act from a place of compassion and Love
  + Help you learn where ego and loss play a part in growth
  + Exploring and understanding what is holding you back
  + Gain insight into who you are, strengths, and capabilities
  + Providing encouragement and support
  + Helping define goals
  + Helping to identify action and next steps
  + Challenging your view and perspective
  + Gaining clarity of issues
  + Providing honest and direct feedback
  + Understanding what is important /what motivates you
  + Reinforcing Faith in yourself, creator, life. Faith in fate.
  + Help you see your own level of awareness and enlightenment

Below are some questions to help us know you better and to get a picture of

your view of yourself and expectations.

Please tell us about your family. Who makes up your house hold, support

system etc

Are you currently seeing any type of mental health professional?

Have you in the past?

Are you currently, or have you ever taken medication related to mental

health?

Do you currently, or have you ever used illegal drugs?

How often do you consume alcohol?

Have you ever been in an abusive relationship?

Tell us about your physical exercise and eating style.

What would you like from your coach during your sessions: score on a scale

of 1 -10 where 1 is not at all important and 10 is extremely important:

On a scale of 1 -10 how happy are you with your life right now? What are

the things that make you happy?

On a scale of 1-10 how motivated are you in your work/personal life? What

motivates you?

On a scale of 1 -10 how stressed do you feel right now – what are your key

stressors?

What was the happiest time of your life so far?

What was the worst time of your life?

List 5 things that you feel you are ‘putting up with’ right now?

What approaches motivate /demotivate you?

What have been your 3 greatest successes to date?

What major changes have you been faced with over the last year?

What is most important to you in your life and why?

What are most important relationships in your life – why?

Is your life one of your choosing? If not who is choosing it for you?

What are the biggest goals you want to achieve in your life?

This year? Over the next 3-5 years?

What are three this you expect from our work together?

What would you like your coach to do if you struggle with your goals?

How will you know when you are receiving value from the coaching

process?