



JourneyMapping™

JourneyMapping™ Coaching Series Inquiry

Welcome!

Congratulations on your upcoming Coaching-Consulting Series!

Take some time to reflect on your life, intentions and goals for your coaching series. This will help us to design a strategy that is on target to your needs.

Please email your answers to me within 48 hours prior to your 90-minute opening coaching session at naraya@journeymapping.net

Looking forward to diving in with you! Naraya

Information

Name:

Address:

Home phone:

Cell phone:

E-mail:

Current Role-Job-Profession:

Relationship Status:

Name of partner if applicable:

Names and ages of children:

Pets:

Inquiry Questions

1. What are some of things you value most in life?
2. What are some of your unique gifts or strengths?
3. In what ways are you solidly on your path in life i.e. growing or expressing yourself in ways that are meaningful in your personal and professional life?
4. How would you rate your general level happiness on a scale of 1-10?
5. Are there any practices, passions, teachers, workshops, ceremonies, etc. that have particularly influenced your life?
6. What are your yearnings and callings at this time in your life?
7. Name three difficult feelings/emotions you experience e.g. anger, jealousy, etc.?
8. What are you biggest challenges? How long as it been this way?
9. What are the obstacles to moving your life in the direction you desire?
10. Are you currently working with a psychotherapist or healer?
11. Please list any medical conditions and prescription medications:
12. Briefly describe your self-care routines including diet, exercise, art, sports, meditation, etc.
13. Do you feel your self-care routines are enough to keep you balanced? If not, what issues are not effectively addressed? Are there practices you are curious about or hope to incorporate into your routine?
14. What are your intentions for your coaching program? What do you hope to accomplish?
15. What do you sense would be the benefit of having a coach to support you?

Please send your responses to naraya@journeymapping.net