

Inner Rhythm

Mastermind Group Coaching Application

Please fill in this form then email to

sherry@inner-rhythm.net

We will get in touch after we receive your application.

Name: _____

Mailing Address: _____

Home or mobile phone: _____

Email Address: _____

Skype _____

Birthday: _____

Marital status: _____

Children's names and ages: _____

Occupation: _____

What is the best way to contact you?

Phone

Best number? _____

Day and time? _____

Email

Best email address?

Your Goals:

What are the three biggest changes you want to make in your life in the next 3 months?

- 1. _____
- 2. _____
- 3. _____

What are the three biggest changes you want to make in your life over the next 3 years?

- 1. _____
- 2. _____
- 3. _____

What do you most want to achieve? And do you feel ready for it?

Your History:

What would you say have been your 3 greatest accomplishments to date?

- 1. _____
- 2. _____
- 3. _____

Who are or have been your major role models?

What major transitions have you had in the past two years? Entering or approaching a new decade, a new relationship, a new job, a new role, a new residence, change in children's ages/stages, etc.?

Improvements:

Please list any improvements you would like to make in the following areas of your life.

Family/home life:

Financial situation:

Career or Business life:

Personal Character:

Relationships:

Leisure time:

Self-care:

Learning:

Your Life:

Who are the key people in your life and what do they provide for you?

Is your life one of your choosing? If not, which parts are being chosen for you?

What is your favorite part of your typical day?

What is your least favorite part of your typical day?

Looking at the past six months of your life, do you like the direction your life is moving in?

On a scale of 1 to 10, 10 high, rate the amount of stress in your life right now. ____

What are your primary stressors?

What motivates you?

What are you learning/accepting about yourself at present?

Group coaching expectations:

What would you like the group to do if you get behind on your goals?

How will you know when you are receiving value (i.e. your money's worth) from the group coaching process?

Are you able and willing to pay the monthly coaching fee? _____

What types of approaches discourage you or take away motivation?

If you reach the age of 95 **and continue to live your life and order your time the way you are right now**, what regrets do you think you will have? (tip: complete the statement "I wish I had...") Do not include things from the past—only things you will regret if you continue your exact present path.

Thank you.

Please email your application to sherry@inner-rhythm.net

You'll receive an email from me to either

Make a time for a chat

Let you know if your application was unsuccessful.

Regards

*Sherry,
Inner Rhythm*