

# Inner Rhythm

## Mastermind Group Coaching Application

Please fill in this form then email to

[sherry@inner-rhythm.net](mailto: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?

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**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?

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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.?

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**Improvements:**

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

Family/home life:

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Financial situation:

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Career or Business life:

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Personal Character:

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Relationships:

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Leisure time:

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Self-care:

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Learning:

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**Your Life:**

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

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

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What is your favorite part of your typical day?

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What is your least favorite part of your typical day?

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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?

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What motivates you?

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What are you learning/accepting about yourself at present?

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**Group coaching expectations:**

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

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

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

What types of approaches discourage you or take away motivation?

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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.

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Thank you.

Please email your application to [sherry@inner-rhythm.net](mailto: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*