

Discovery Session Form

Please use for personal use only. Material will not be shared unless you choose to do so.

I. Your Future Vision

Please share your preferred Future Vision for Life. Please include the following topics: financial situation, business, career, relationships, family, friends, fun, recreation, health, personal development, and community.

In 12 months time

In 3 months time

II. Your Current Situation

Where are you now with regards to your:

Financial situation

Career

Recreation/Fun/Free Time

Health/Body

Relationships

Personal Development

Community

III. Initial Ideas on the Pathway from Now to Vision

Would you please share your ideas on how to get to your vision from the base of today?

In 12 months time

In 6 months time

In 3 months time

What would be your "Breakthrough Goal"?

IV. Inner Motivation

What is your motivation for reaching your 3-6-12 month Vision?

How confident do you feel in your ability to set and reach your goals?

V. Support Systems in Place

Do you have a functioning Support group (best friends, colleagues, family members, inner circle, mastermind group, etc.)?

Do you use:

Affirmations?
Visualization?
Meditations?
Journaling?
Other?...

VI. What are several do-able self-care action steps that you can take today to better achieve your vision?

For example:

"I see the power in starting small and will reward a hard day of work with bath time at night. If I have a challenging situation at work, I will choose to stay calm and let the moment pass. I find, then, that I can keep my clarity and remember I am the only one in charge of my station or happiness in life."