

Questions for the ‘How to get ME back” consultation:

1. What is your biggest current challenge?
2. What is this challenge costing you (emotionally, financially, physically) or keeping you from being able to do?
3. What do you want instead of this current challenge?
4. What have you tried so far (all types of interventions or self-treatments)?
5. What are you afraid is holding you back or keeping you out of balance?
6. What is your level of commitment to wanting this to change (rate yourself 1-10, 10 being 100% committed)?
7. Other information that you feel is super important for us to know: