



Getting to know you...

What are three words that best describe you?

What are you most grateful for in your life?

Who are you closest to in your life?

What are your three biggest fears?

How do you take care of yourself (exercise, vitamins, eating well, massage, etc)?

How much time do you intentionally spend alone? Do you enjoy being alone?

What most concerns you on a daily basis?

What do you feel about the state of the world?

What do you do for fun?

How do you relieve stress in your life?



Are you in a relationship? If so how happy are you in that relationship?

Do you feel you have a strong support system?

Are you single? If so are you dating and how is that going?

How often do you get outside during the week?

What do you feel the most connected to in nature?

What is your main source of daily news?

What social media do you engage with most?

Do you take any intentional breaks from technology during the week?

How much of your day is spent on technology (phone, TV, computer, video games)?

Do you read books for pleasure? If so when did you last finish a book?



Do you have any spiritual practices (prayer, meditation, chanting, other)?

What major losses have you had in your life (death, pet loss, moving)?

Have you experienced any major traumas (abuse, car accident, hospitalization, divorce)?

Do you enjoy your work?

Do you have children? If not do you plan to have any?

How are your eating habits? Do you eat healthy, often enough?

How much alcohol do you drink in a week?

Do you take any prescribed or non-prescribed drugs?

Do you have any habits you would like to break but can't on your own?