

SOULCENTRIC MENTORING with Tracey Forest

NEW CLIENT QUESTIONNAIRE

E-mail to Tracey at traceyforest@spirithollow.org

Name:

Email:

Address:

Cell Phone:

Do you receive texts? Or what is the best way to reach you last minute?

How did you hear about Tracey's work?

These questions are a way to get us started; don't worry about answering "perfectly." Just write the first things that come to your mind; don't overthink. Take as much time as you need to compose your responses. Be as brief or as detailed as you like. And you do not have to answer every question, but certainly the process of self-inquiry is valuable and will play a big role in our work together.

1. What do you currently know about the **deeper** story you are called to live? What clues do you have to this deeper story (dreams, journeys, magical or numinous encounters, meetings with extraordinary others). **What is gnawing at you, calling to you?**
2. How would you describe your childhood or experience growing up?
3. What is the greatest and most **soul-stirring longing** in your life right now? What are the questions you find yourself pondering most? What are the deepest mysteries that are guiding your life right now?
4. What is your relationship like with the **natural world**? What experiences have you had in the wild world that have been

significant?

5. Do you have a **spiritual practice** or approach? If so, please briefly describe it and what it gives you. If not, would you like to develop one?
6. What are your **biggest personal challenges or obstacles** for you right now? What are the things that do not feel quite *right* in your life?
7. Does something or someone in your life **prevent** you from doing what you feel called to do? Describe.
8. What **accomplishments MUST happen** in your lifetime so that you will consider your life to have been satisfying and well-lived -- a life of few or no regrets?
9. Do you have a **secret ambition, desire, or dream** – something that does not have to happen, but that is often a subject to your fantasies?
10. What would you like to be **different** about your life? In what area(s) would you like to see the greatest change?
11. How would you describe your **support system**? Are there people who believe in you unconditionally? Are there people who challenge you or frustrate you? Please describe those people.
12. What **qualities** do you **value most** in other people? What qualities **bother you most** in other people?
13. What or who **inspires** you the most? How?
14. What **are three of your “gifts” or talents** and how do you like to use them?
15. If you were to imagine your **life purpose**, what would it be?

16. What would you like to get out of soul-centric mentoring?

17. Is there anything else you would like me as your mentor to know about you?

18. Have you ever worked with a coach/mentor before? If so, what was your experience?