

Individual Client Interview

As a coach, it is important for me to understand how you view the world in general and yourself in particular. Each person has a unique way of thinking and a unique way of interacting with those around him or her.

Answer each of these questions as clearly and thoughtfully as possible, expressing the best of who you are. These are “pondering” questions, designated to stimulate your thinking in a way that will make our work together even more productive.

I suggest you take several days to to compose your answers to these questions. Thank You.

1. What accomplishments must, in your opinion, occur during your lifetime so that you will have considered your life to have been satisfying and well lived – a life of few or no regrets?

Honestly – I feel like I am still in the middle of the Easter Egg Hunt and I haven't found the egg with MY name on it yet. Still looking around... picking up stones and such; looking underneath to see if it is MY egg. I stop to help others out... and search for their egg... but I feel despair that I will never find mine.

I do not know the answer to this.. I want to be a mom, lead and inspired life and help to inspire others, drink in art and music, continue my spiritual path, and re-connect with my physical body... Make a difference.

2. If there were a secret passion in your life, what would it be?

To own and run a SUCCESSFUL shop of inspirational gifts (calendars/books/CD's/etc...) and local art/music dedicated to focusing on touching other people. Honestly that's not a secret... I just have NO idea how to do it. (\$\$\$)

3. What do you consider your role to be in your local community? In the United States? In the World?

Right now my “role” is to get off unemployment.

But I feel like I want to move away – start fresh with my husband (I want to move to Charleston, SC) and then thrive. Start a family.. move to a house.. Sunday Morning Breakfasts.... Etc... (you get the picture)

In the World? Hmm.. There is this AWESOME book out there by Heather Ann Harder called “Many were called, few were chosen” . I feel like my purpose is to help others SEE that they are not alone.. that they are more powerful than they think they are. I believe I am a light worker (probably you do too) and would like to take part in my work.

4. If you could devote your life to serving others – and still have the money and lifestyle you need – would you do it? How would it look?

I would just want to be available to listen. I would have a comfy sofa in designated cities in the world – where someone could come and sit.. and talk... and I would listen. I would ask important questions. And I would ALWAYS leave them feeling better than they did when they sat down. Help them NOT feel alone. Just go from town to town, country to country. I want to help others. (MAYBE.. just maybe why I am in this place? So I can know what I DO want to do?) Still have NO idea HOW to do it!!!

5. If you trusted your coach enough to tell him or her how to manage you most effectively; what tips would you give?

KNOW that I am very open to my “stuff” and can and enjoy talking about it for hours and hours.. But it is important to know that I know what I’m doing. To hold me accountable to my stuff.

Even if I know what my stuff is... does not give me the right to NOT do anything about it. I have all the right tools... powerful tools I’ve seen and felt their power...I think I’m scared of using them and failing.

6. If you had a five year goal and you had the continuing services of a coach to help you make it happen (and the money were not an issue) what would that goal be? What differences would working with a coach make?

That goal would be to 1. Open my shop 2. Write a book 3. Be the spokesperson to my “Married to a chef” website and go on Market it to help get the word out to others – to help facilitate a larger change. 4. Help create balance between what inspires me (my work/mission/calling) and having a family (and helping nurture a husband who is very black/white – Show me! Show me! Show me!)

7. What’s missing in your life? What would make your life more fulfilling?

GOOD Question!!!

I know how I FEEL about this but not necessarily how to articulate it. What is missing is ME... doing what I know I should be doing. WASTING my gift. Because I’m scared of failure... scared of the risks... Just plain scared.

8. Do you believe in God or the concept of a higher power? If so, please describe the most useful and empowering aspects of your relationship with God. If not, what reference point do you use?

YES YES YES! Do I believe? Absolutely. I am still learning more and more with regard to the Universe and who created it (Read "The Secrets of the Universe" by Gary Renard.. it'll BLOW your mind) but Absolutely believe in God/The Universe. I believe that with Gods Blessing WE decide to come here over and over again to experience... imperfection. This is a very emotional/very deep topic for me... better to talk to me in person. J