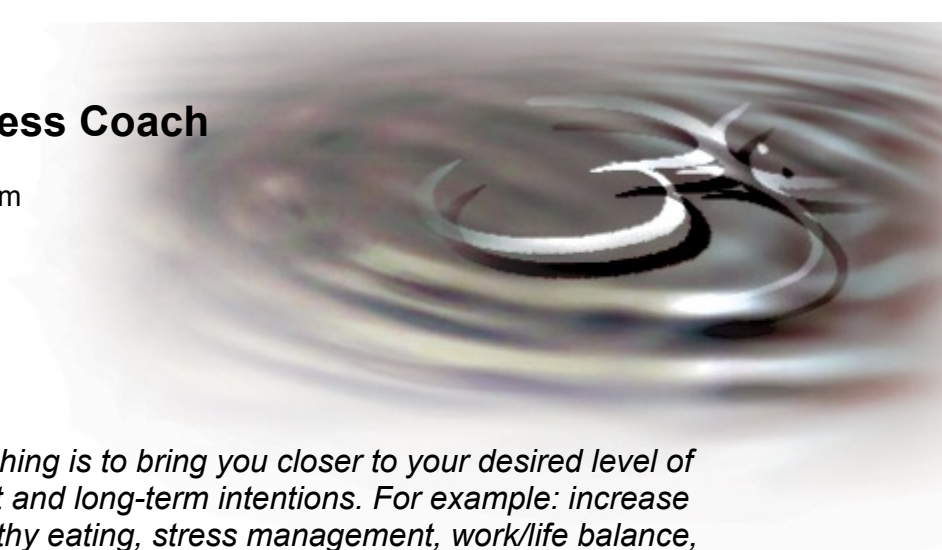


Laura Nelson LMP & Wellness Coach

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Focus of Coaching:

The purpose of wellness coaching is to bring you closer to your desired level of health and wellness with short and long-term intentions. For example: increase self-care, more exercise, healthy eating, stress management, work/life balance, decrease unhealthy thoughts or behaviors, etc.

1. One area I would like to focus on in coaching is:
2. This is important to me now because:

Dreams, Successes and Strengths

1. If I could change one habit that would make all the difference in allowing me to reach my full potential it would be:
2. A time in my life I felt most successful in this area was:
3. The behaviors I have done in the past to help me to succeed in this area are:
4. The strengths I have to draw on in helping me achieve my goals are:

Challenges:

I anticipate my greatest challenges in this area will be:

Readiness:

On a scale of 1 to 10, with 1 being 'not at all confident' and 10 being 'very confident', how *confident* are you in your ability to manage this area on your own, without coaching?

On a scale of 1 to 10, how *ready* are you to begin coaching at this time?