

# Spiritual growth coaching - client questionnaire

Copy/paste the questions in an email, and send them back to [hellcatsyoga@gmail.com](mailto:hellcatsyoga@gmail.com).

1. Your name, date of birth, email and phone number.
2. What is your reason for undertaking spiritual coaching and shadow work? Be as honest and detailed as you can.
3. Tell me a bit about your current situation in life. What is your current level of self-awareness, and what areas of your life do you feel the least aware of?
4. What are the biggest challenges you're currently facing in your life, and how have you tried to overcome them so far?
5. What have been the most significant events in your life so far, and how have they shaped your current perspective and way of being?
6. How committed are you to doing the inner work required for spiritual growth and personal development, and what specific goals do you hope to achieve through our coaching relationship?
7. Anything else you feel is good for me to know, working with you?

Please copy/paste the questions directly in an email to have more space for the answers, and then send it to:  
[hellcatsyoga@gmail.com](mailto:hellcatsyoga@gmail.com).

After I review your answers, I'll contact you with a suggested plan to work with. Once approved by you, I'll start creating your custom made shadow work program with prompts and exercises that will be helpful for your personal and spiritual growth, based on your individual conditions and needs.

I'm looking forward to work with you!