

Client Discovery Questionnaire

Before we begin working together, take a moment to reflect on some of these questions. There are no right or wrong answers—only honest ones. Pick a few and let's talk.

1. Awareness of the Story

Do you ever notice yourself reacting to situations in ways that don't fully make sense to you?

Have you ever caught yourself saying something about your life that you later realized you don't actually believe?

Do you sometimes feel like an old story or identity is still influencing your decisions or reactions?

Do you feel there may be deeper beliefs shaping your behavior that you haven't fully uncovered yet?

2. Recognizing the Hidden Belief

Have you ever felt that even when you *know something logically*, your actions still follow an older pattern?

Do certain situations or relationships trigger the same emotional responses again and again?

Do you suspect that a belief formed earlier in life may still be influencing how you see yourself today?

Would it be valuable for you to clearly identify the belief that might be limiting your growth?

3. The Power of the Right Question

Have you ever experienced a moment where one simple question shifted the way you saw everything?

Do you find that real insight often comes when someone listens deeply and asks thoughtful questions?

Would you value a conversation where the goal isn't advice, but helping you discover your own truth?

Do you believe clarity often comes from slowing down and exploring what is really underneath your words?

4. Letting Go of the Old Narrative

If you could release a belief or story that has been holding you back, would you?

Are you open to examining parts of your past or identity that may no longer serve who you are becoming?

Do you feel ready to let go of patterns that have limited your peace, confidence, or growth?

Would you welcome the feeling of emotional freedom that comes from releasing an outdated narrative?

5. Stepping Into a Clearer Version of Yourself

Would greater clarity about your beliefs help you move forward with more confidence?

Do you want to respond to life from a place of intention rather than reaction?

Are you ready to align more fully with the person you know you are meant to become?

If a conversation could help you leave feeling lighter, clearer, and more empowered—would that be valuable to you?

Final Reflection

If you answered **yes** to many of these questions, you may already sense that something deeper is ready to shift.

What area of your life would benefit the most from greater clarity right now?

What belief or story do you suspect might be ready to change?

In Closing

The work we do together is simple but powerful:

uncover the story shaping your life, reveal the belief holding you back, and create the clarity needed to move forward with confidence and purpose.