

Hello

Here are some coaching forms for you to review and email your forms to me prior to your visit if you like.

I look forward to coaching you toward your goals.

Sincerely,

Jean Pollack

Tel: 1-888-821-2935
or 717-873-1248

email: jeanpollack@emdrcoach.com

CLIENT DATA

THE BASICS

Date Prepared _____

Name:

Company:

You may or may not choose to do anything about them right now, but just becoming aware of and articulating them will bring them to the forefront where you'll naturally start handling, eliminating, fixing and resolving them.

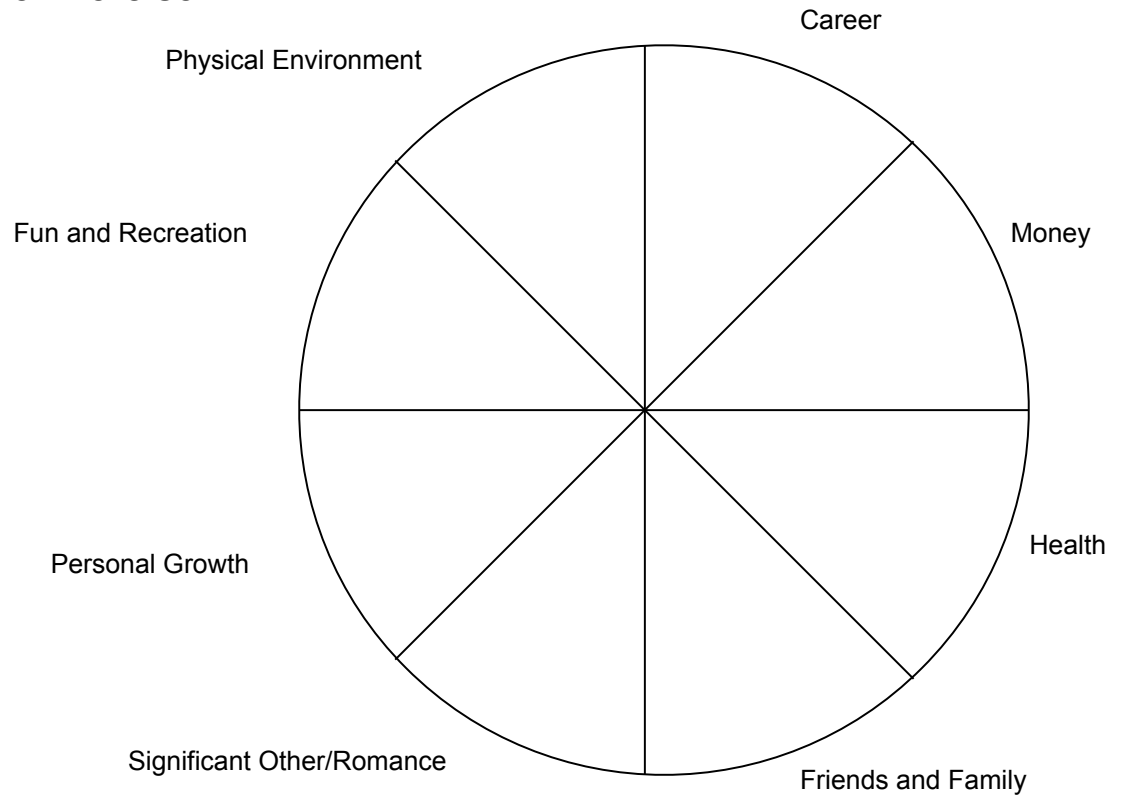
ENERGY DRAINERS AT WORK
HOME

ENERGY DRAINERS AT

(Situations, people's behavior, unmet needs, crossed boundaries, incomplete items, frustrations, problems and even your own behavior)

1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
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Wheel of Life Exercise



Directions: The eight sections in the Wheel of Life represent balance. Regarding the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle represent the Wheel of Life. How bumpy would the ride be if this were a real wheel?

Example

