



Beautiful SOUL, thank you for your interest in the
transformational journey
Rewire Your Anxious Mind

Please complete the questions below. Let's discover if it would be beneficial for us to work together and set up a discovery call to assure you would get the most from your participation. No prior experience is needed!

Note: This application is completely confidential between yourself and Kim Engstrom, MS. Your privacy and confidentiality is of the utmost importance and a necessary part of the process as we begin to work together. Make a copy of this document if you would like to complete it via google documents or complete the PDF form and Return to KECounselingServices@gmail.com . I will contact you to schedule a time for us to talk.

Full Name

Email

Where are you currently based/living?

When were you born?

How did you first hear about me? Were you referred by someone? If yes, who?

Feel free to share your social media handles i.e. instagram/facebook so I can learn more about you before we connect on our call.

Tell me about yourself:

Where are you in your life currently? What are some of the things that bring you joy? What are you passionate about?

Tell me about your desires & your dreams: What would the highest version of you & your life look like? How would living this life feel? How would your daily experience change?

What do you believe is the number one thing holding you back from living your best life? What are your biggest challenges? Where in your life are you feeling blocked, restricted, or a loss of power?

What kind of support are you looking for & why are you thinking about it NOW? How would having a mentor in your life impact & benefit you? What in your life has the potential to improve if we were to work together?

Do you have any underlying mental health conditions? Yes (please describe)

No

Are you presently under the care of a doctor or mental health care provider or taking any medications?

Yes (please describe)

No

Are you emotionally & energetically in a position to commit to investing in yourself right now?

YES

No

Are you prepared to take the necessary action for your personal growth & transformation now?

YES

No

Are you in a position to invest financially in yourself right now?

YES

No

Is there anything else that you would like me to know about you that would support our first conversation ?

KE Counseling Services

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