

Do It Naturally w/ Brandy Oswald

Pre-Session IGNITE Questionnaire

Please submit responses to Brandy at brandy@doitnaturally.co
BEFORE each coaching session.

Date:

What am I celebrating? What's going well? What's new and good?

What actions have you taken towards your BIG goals since we last met?

What actions have you taken since our last session?

What shifts have you noticed? What is your intuition/body/inner wisdom telling you?

What are the top 3 issues you would like to discuss on our call together?

What has you most frustrated with these current struggles?

What have you tried in the past to solve these struggles? How did it go?

What is your ideal solution to these struggles? What does your life look + feel like without these struggles?

On a scale of 1 (the lowest/worst) to 10 (the highest/best), how would you rank where you are at in the following areas this week?

Stress Level:

Mood:

Energy:

Skin:

Sex Drive:

Sleep:

Digestion/Pooping:

Fitness/Movement (how many days and what types?):

In the past 7 days how many days did you track your cycle symptoms? Which symptoms did you track? What did you notice?

In the past 7 days how many times did you act *in alignment* with your body? What did you notice?

What did you LOVE about your healthy hormone lifestyle and routine last week?

What else would you like me to know?