



Looking Glass Reflections

Embrace your shadow. Live in your light.

Coaching Application

I'm so pleased that you're interested in coaching with me. I will do my best to support you throughout your coaching journey, to help you gain clarity, and to implement the tools that are right for your path. I want you to feel happy and fulfilled and to have a strong sense of who you are and what you are here to do.

We will work at your pace and with the tools that feel most comfortable for you. Throughout it all, I will serve as your sounding board and as a way for you gain perspective.

To help me better understand where you're coming from and what you'd like to achieve, please set aside 20 minutes to complete this questionnaire in your natural handwriting. Write comfortably, take your time, and use the type of pen you normally prefer. You can then scan or take a picture of each page and email them directly to shine@jennifersglass.com.

Clients are required to complete a client agreement before services begin.

Name (printed):

Name (signed):

Date:



1. What drew you to coaching?

2. What is your occupation? If you don't work, how do you spend your day?

3. Describe a situation/event that made you proud and gave you a sense of satisfaction.

4. How is your health? Any discomfort in your body?



5. How are things in the following areas of your life?

How well things
are going

What matters most

Career Goals

Spiritual Pursuits

Emotional Health



How well things
are going

What matters most

Relationships & Love

6. Our coaching will work to bring balance across the issues of integrity that can pull us away from our purpose. For each of the below areas, please consider how aligned you feel and place a check mark in the category that applies.

Needs a Lot of work	Needs Some work	Working Well
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I know my purpose

I can quiet my mind

I tell myself the truth

I can easily connect with the Divine/Universe/
Higher Power

I am able to surrender, ask for, and receive help

I do not blame others for my emotional responses

I love myself and know I have worth



Needs a
Lot of work

Needs
Some work

Working
Well

My primary relationships do not distract me or take me into drama

I am comfortable with my body

I have enough financial abundance to live my desired lifestyle

7. How do you hope coaching will help you?

8. What support structures are in place for you?



9. Anything else you'd like to share?

Please scan or take a picture of your completed questionnaire and email it to: shine@jennifersglass.com