



# Mindset Coaching Pre-Session Form Template

\* Required information

**First name \***

**Last name \***

**What's your email? \***

**Instagram (if applicable):**

**How did you find me?**

**What is the specific problem/issue you'd like to work on during the session?**

**How long has this been a problem/issue for you?**

**What is this problem preventing you from being/doing/having right now?**

**What are the CURRENT beliefs you'd like to change in order to help resolve this problem?**

**What are the NEW beliefs you'd like to have instead in order to resolve this problem?**

**In what ways are you currently benefiting from this problem? (\*hint: there is always a benefit)**

**How would life be different for you if this problem were to disappear?**

**Anything else I should know?**

