



Profile Intake Form

"Life is meant to be lived, not endured" - Lisa Johnston

When you are in alignment with your natural design you are living your life at your best, for yourself and others.

The intention of this worksheet is to gather information that will reveal your unique natural design and to create the "Story of You". An epic tale of who you are in the world and what you are here to experience in your lifetime.

Please fill in the blanks as accurately as you can, this information is vital to understanding who you are and what your role is in this game we call LIFE.

First/Last Name: _____ Phone: _____ Address: _____

Birth: Day _____ Month _____ Year _____ Location: City/town _____

Country _____ Time* _____ : _____ AM or PM *(knowing the exact time of your birth does provide some of the finer details of you and it's okay if you do not have this information, it doesn't affect the essence of who you are)*

Background Information:

1. Are you currently on medication or counselling for emotional concerns? If yes, please disclose prior to our first session.
2. Do you have any concerns or questions regarding the modalities and techniques I use? If yes, please ask prior to our first session so you get the most value from the start of our working relationship.

What's So Right Now

The following questions relate to who you know yourself to be and to identify areas of your life that are not working for you right now. The more honest you can be the better the results you will have in this experience.

1. What areas of your life do you feel, are not working as well as you want? (i.e. relationship with self or others, employment, lifestyle). Acknowledge all areas that apply.
2. What re-occurring challenges have you noticed in your life that have you thinking "why does this keep happening to me?" List as many that show up (in point form), details are not required at this time.
3. Where in your life would you like to create healthier habits and what habits would you like to create?
4. What makes your heart sing? That re-occurring moment you hear yourself saying "I want to do that again!" List as many that show up (in point form), details are not required at this time.
5. If I was your Fairy Godmother, what wish would you want me to grant you right now?

Feel free to write your answers on a separate paper to capture your thoughts and once you have completed the questions to the best of your knowledge, please email to: lisa@ptbestsolutions.com prior to our first session. I do recommend printing this form for your own recollection as we will refer to it periodically.