



ABC Living

www.abcliving.net

Joan Protano

815-739-4329

Personal Information

Name: _____

Address: _____

Best contact number: _____

Alternate contact number: _____

Best E-mail: _____

Alternate E-mail: _____

On a scale of 1-10 with 10 being the most ideal, please rate the following – please make any notes or comments as needed.

I like who I am: 1 2 3 4 5 6 7 8 9 10

I like my body: 1 2 3 4 5 6 7 8 9 10

My body is healthy: 1 2 3 4 5 6 7 8 9 10

I take care of me: 1 2 3 4 5 6 7 8 9 10

I know what my emotional triggers are: 1 2 3 4 5 6 7 8 9 10

My emotions are positive: 1 2 3 4 5 6 7 8 9 10

I like my spouse/significant other: 1 2 3 4 5 6 7 8 9 10

I like my child/ren: 1 2 3 4 5 6 7 8 9 10

I help women heal their hearts and become more open and loving.

Life Coach, Spiritual and Emotional Clearings, Transformational and Empowerment Workshops to:

Awaken Your Intuition

Balance Your Life

Connect to Your Soul



ABC Living

www.abcliving.net

Joan Protano

815-739-4329

I have friends I can count on: 1 2 3 4 5 6 7 8 9 10

I have a connection with a higher power: 1 2 3 4 5 6 7 8 9 10

I see myself as a spiritual being: 1 2 3 4 5 6 7 8 9 10

I am living my life purpose: 1 2 3 4 5 6 7 8 9 10

I feel secure about my financial future: 1 2 3 4 5 6 7 8 9 10

I earn enough money: 1 2 3 4 5 6 7 8 9 10

I enjoy my work: 1 2 3 4 5 6 7 8 9 10

I would like to do something else: 1 2 3 4 5 6 7 8 9 10

Please answer the following questions

If I could change one thing it would be?

My dream desire is?

Life would be perfect if:

What are your goals or intentions for your coaching/healing sessions:

*All information is confidential.

I help women heal their hearts and become more open and loving.

Life Coach, Spiritual and Emotional Clearings, Transformational and Empowerment Workshops to:

Awaken Your Intuition

Balance Your Life

Connect to Your Soul

www.abcliving.net