

# Michele Willmott

Life & Relationship Coach for Women

Please complete and the following questions and email them back to me at [inspired4life@me.com](mailto:inspired4life@me.com)

- 1) Please sum up your current situation/issue in a couple of sentences...
  
- 2) **Your current perspective/feelings on your relationship:**
  - **At present I feel** *(insert an analogy or metaphor here)* . . .
  
  
  
  
  
  
  
  
  
  
  - **It feels like this because** . . .
  
  
  
  
  
  
  
  
  
  
  - **On a scale of 1-10 (10 being the most satisfied in this area of my life) I would score myself a.....**
  
- 3) **If I could have it the way I wanted it right now, my situation with regard to my relationship would feel like a** *(insert an analogy or metaphor here as well as including the main feelings you would like to have)* . . .

**4) Name any insecurities you have experienced in past relationships and to what extent did they affect your behaviour or hold you back?**

**5) Can you see any patterns that have repeated themselves in the past with regard to your relationships** e.g. attracting men who treat you in the same way.

**6) What are your 5 top relationship values (the most important things you would like to have in a relationship)?**

E.g. Honesty - and what would this look or feel like? I.e. I would be able to say anything and it would be ok. I would feel safe in opening up.

i)

ii)

iii)

iv)

v)

**7) In the next four months, how do you want to feel about the area of relationships?** These are the intangible qualities, the deeper perspectives and mind-set shifts you want to experience over the next four months?

**8) What else would you want to be clarified or accomplished in the next 4 months?**

**9) What do you think your biggest strengths are for achieving these?**

**10) What do you believe will be your biggest barriers to achieving these goals (perceived or real 😊)?**