



Welcome to Dynamic You™!

Hello Dynamic Woman™!

I'm looking forward to starting this journey with you!

You have taken the first step to Unleashing the Dynamic Woman™ in you! – I know you can do it!

Before we start, please think about these questions. You can answer in point form or in a way that is true and genuine for you. Nothing too lengthy required – unless you want to!

If you don't know an answer, no problem – come back to it. I'm sending this as a Word document so you can type right into it, but if you prefer a pen and paper approach go ahead and print it out, fill in in then scan it back to me. [I'd love to have it back by May 1st, 2018 either printed out and handed in at the kick off from 12-1:30pm, or emailed to me in advance so I can read it over before we meet.](#)

AND just trust yourself and the responses that come. You will probably get a lot of out this process – that's what others tell me!

I'm excited to work with you in Dynamic You™ where you have the education of my program, the clarity of my coaching, the support of the group and the accountability to bring you into your most DYNAMIC Self!

xo



Personal Information Fact Sheet

(All personal information is confidential and will be treated appropriately.)

Full name:

Name you prefer to be called:

Address:

Home telephone:

Work telephone:

Cellular phone:

E-mail address:

Web site:

Employment Information:

Occupation (what you do to earn a living):

Employer name:

Personal Information:

Date of birth:

(If applicable) Spouse's name:

(If applicable) Name(s) and age(s) of child(ren):

Interview Questions

1. What fears do you have in starting this program?
2. Is there anything that you feel might hold you back from doing a great job in this program?
3. What are some good habits you have that will support you in this program?



4. What are the reasons for doing this program? Please list from most to least important. Some examples may be feel happier, put myself first, be more confident achieve X, Y, Z etc.

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5. If time and resources were not a concern, describe the things you long to do.

6. Outside of the ladies in the group and your coach, who in your life will support you in this journey?

7. What helps you achieve your goals?

8. What rules/guidelines need to be in place for you to feel like the calls and the Live Sessions are a place to be open and honest?

9. What two steps do you need to make to be ready to start this program?

10. What do you want more than anything right now?

Great! When you're done save yourself a copy and email it to me at diane@dianerolston.com