

# Amplified Aura

## Coaching Session Intake Form



### Basic Information

Name & Birth Day

Email Adress

Phone Number

Preferred Method of Contact

Email  Call  Text

State/Time Zone

Tell me about you!!

ABOUT  
me



## Emotional Check In



How are you currently feeling? Check all that apply.

- Overwhelmed
- Stuck
- Seeking clarity
- Curious/Exploring
- In transition of beliefs/or life transition
- Other: \_\_\_\_\_

## Current State

Have you been experiencing any of the following?

- Heightened intuition
- Emotional sensitivity
- Questioning Beliefs
- Feeling disconnected or lost
- Synchronicities/signs
- Other: \_\_\_\_\_

Describe your current spiritual/religious beliefs.

What is currently on your heart and/or mind?



A large, empty rounded rectangular box with a teal border, intended for writing the answer to the question above.

What brought you to book this session?

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What specific situation(s) or challenge(s) are you currently navigating?

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# Core Discovery

Rate how aligned you feel in the following areas 1-10. Write the number in the circle.

Career purpose

Relationships

Environment

Self-Care

Bubble next to roles you feel you've had to play in your life.

People Pleaser

The Over-Giver

The Perfectionist

The Caregiver

The Rescuer

The Rebel

The Fixer

The Listener

The Good Girl/Good Boy

The Peacemaker

The Strong One

The Self-Saboteur

Bubble your current mood while doing core discovery.

				
<input type="radio"/>				



## Support Needs

What type of guidance resonates? Check all that apply.

- Reassurance & emotional support
- Honest reflection & deeper insight
- Direct guidance & clarity on next steps
- A safe space to process and be heard
- Help understanding what I'm experiencing
- Grounding & stability
- Validation of my intuition

How do you best receive guidance?

- Reflective questions
- Practical steps
- Meditative practices
- Talking through

## Confidentiality & Consent

I understand that spiritual coaching is not a substitute for medical, psychological, or legal advice. All information obtained and discussions will remain confidential.

*Signature*

