



Full name *

Your name here

Email *

E.g. myemail@email.com

Phone number

E.g. 541 444 0755

How many hours per week do you spend on self reflection and personal development? *

- 0-5 hrs
- 6-10 hrs
- 11-15 hrs
- 16+ hrs

Have you used coaching or therapy in the past? *

- Yes
- No

How open are you to receiving hard truths on a

How often are you exercising? (on a scale of 1 to 5 (1 being 'I'm not having it' and 5 being 'Sis, Keep it real!')) *

Select an option



How willing are you to being held accountable on a scale of 1 to 5? *

Select an option



How do you like to communicate on a regular basis: *

- Phone
- Email
- Text
- 'Hit me up anyway you can.'

How often do you read self-development books? *

- 'Not really my thing'
- 'Whenever I get a chance.'
- 'I go through atleast 2 or more a month.'
- 'Haven't thought about it, but I'm open.'

What was the last goal you accomplished? What worked well with you to make it work? *

What was the last major disappointment or failed

goal? What were the top 3 things that blocked you?

*

How willing are you to complete worksheets and activities? *

Thanks so much for taking the time to fill this information out. Keep a look out in your email for more information coming your way!



CONTACT
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