MOMENTUM 2021 Application:

*Email this application to info@anastasia-williams*

Name:

PH:

Email:

City & Country:

DOB:

Age:

What is the biggest challenge in your life right now?

What called you to this program and or coaching?

 What type of guidance/coaching/support are you looking for?

Why is now the time?

Where do you want yourself and life to be in the next 12 weeks & next 6 months – 1 year?

Why aren't you there already?

What is the biggest thing stopping you (that you can see)?

What habits have you cultivated that are not serving you?

What experience do you have with yoga, breathwork and mantra meditation? (include styles you have practices)

Do you have any health challenges I should be aware of? (blood pressure issues, trouble sleeping etc…)

Are you on any medications?

Do you work full or part time? What is your occupation? Are you happy with it? Are you happy with how you are paid?

How ready are you to invest in yourself with dedication & commitment? With time, energy and resources. Are you ready to stretch yourself mentally, physically and emotionally?

Any additional comments!