

Cut and paste the following boxed questions into an email. Send your answers to me a few days before your scheduled session. I've included an example below so you can have a better understanding of what is being asked

Write as little or as much as you like - send to carol@bebrilliantlyyou.com

--Name - Legal name and any nicknames/married names you've had. Indicate the years you had the different names

--Statistics

--Meds (if any) – specify why you are taking it

--Physical Health:

--Mental Health:

--Any Current Life Intention:

--For every session, be ready to answer verbally, "If you could have anything out of this session, what would that be?"

Example of a completed one

--Name - Legal name and any nicknames/married names you've had. Indicate the years you had the different names

Sue Brown

Called Suzy throughout school

Had my ex-husband's name of Smith from 1986 to 2000

Statistics

Turned 45 on 1/5/16

Adopted when 6 months old. Both parents dead. Have no contact with biological mother

Divorced for 11 years - not in a relationship now

3 grown kids:

23 - Jill working & living in Los Angeles (gives her financial support still)

25 - Bob working & living locally

31 - Henry working as bartender & living locally with fiancée. Getting married 4/31/16

I work as a human resource manager for Google. Also doing career counseling w/single moms

Meds (if any) – specify why you are taking it

Levothyroxine for low thyroid

Took last Duloxetine (Cymbalta) for depression yesterday

Take "Alive" multi-vitamin daily

Using inhalant for wheezing that's been affecting me for the last month

Physical Health:

last fall's annual physical looked solid

Allergy-like symptoms – excess sneezing, runny nose, itchy eyes

Have had "pseudo-sciatica" since mid-September from slightly-off chiropractic adjustment. Might be receiving shot from physician today to "reset" the muscle.

Had periodontal surgery done last week to fix recession in upper left quadrant.

Both knees have been sensitive since I landed on them falling off a rock wall in England in October. Going to see an MD about them next week.

An ongoing/chronic issue of being a very light sleeper (diagnosed with apnea in 2000)

Mental Health:

Last winter was very difficult with a brutal break-up and new job. Started anti-depressants, but took last one yesterday. Actively trying to get a lot of fresh air and spend casual time with girlfriends

Any Current Life Intention:

My 2016 Intentions:

- eliminate allergies*
- be available, supportive & loving to my kids & dear friends*
- build up more private clients*
- have more ease with the day-to-day stuff*
- be grateful*
- let go of 10 pounds and eat and drink more consciously*
- move my body daily - if reasonable, outdoors*
- sing where others can hear me*
- learn new things*
- travel*

--For every session, be ready to answer verbally at the start of the call, "If you could have anything out of this session, what would that be?"