

# SOUL:BODY WISDOM

## Complimentary Discovery Session Questions

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Contratulations! You made it to this page—a SoulBody Wisdom page of self-inquiry that can open a door or initiate a path of resolution, healing, rebirth and celebration.

I offer first-time clients a complimentary discovery session (by phone or in person) to help us both determine if we are a good team, to help you with your needs and goals—in a way that is worthy and honoring of your trust, energy, time, and investment —and mine.

The bare minimum you need to do before scheduling your discovery session with me is:

- Set aside 3-10 minutes to review and contemplate the questions below. Written answers are not required, but encouraged for deeper self-reflection. Answers may be kept private or shared with me on the call if you believe it will help our collaboration.
- After you have reviewed these questions, please check in with your “soul body wisdom” to see if you are still being guided to call. You will know.

The bare minimum you need to do to prepare for your discovery session is:

- Be prepared to share the area of your life you are wanting the most attention or support with, and how you think/hope I might be able to help you. Your questions are welcomed here too.
- Most discovery sessions are about 30-45 minutes.

### SoulBody Wisdom Discovery Questions:

- What is my relationship, these days, to my body? How has my body been feeling lately?
- What is my relationship, these days to my emotions? How have I been feeling emotionally lately?
- What is my relationship, these days, to my mind/intellect/clarity? What have I been thinking about, dreaming about, wondering about, and/or worrying about lately?
- What is my relationship, these days, to my spirit/spirituality? How I have been feeling spiritually lately?
- What is my relationship, these days, to my creative/sexual energy? How I have been feeling about my creative/sexual energy lately?

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- What is my relationship, these days, to others—family, friends, professionally, romantically? What connects me to them? What disconnects me from them? If I could have more fulfillment, connection, authenticity, pleasure, and/or purpose in my relationships, it could that look like:
- The area(s) in my life I feel most challenged or stuck in is/are:
- What am I most afraid or embarrassed to share, name or admit to most people is:
- If my present-day challenges/longings/fears had a hidden message for my growth, I think the message would be:
- The area(s) in my life that I am proud of and inspired by are:
- Some of my strengths and gifts that I see, and others see, in me are:
- The strengths and gifts I see and admire in others are:
- What I hope/intend to get out of my Soul:Body sessions with Klaudeen are:
- What I need to feel safe, open and trusting with another is/are:
- Some of the challenges that I might have around doing this kind of holistic healing/coaching work with Klaudeen are:
- What I want Klaudeen to know about me is:
- In this moment, I am most grateful for:

Great job! Once again, take a few breaths and check in with your “soulbody wisdom” to see if your next step is to schedule a discovery session with me.

If your next step is set up an appointment, you may call or text me at: 408-712-3879.

Bless your journey!