



QUESTIONNAIRE

*Your Creative Essence By Design
Mentorship*

Kerry Grezl

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A NOTE FROM YOUR MENTOR

WELCOME, DREAM CHASER

Welcome to the first day of the rest of your life, wherever you are. You are about to embark on a beautiful new chapter of your life's journey. So, are you going to close your eyes and hope for the best? Or are you going to get clear? This year, I'm inviting you to set some heart-centered intentions for the next twelve months. It's not about perfection or about getting things right or chasing an invisible ideal. Instead, it's about living with purpose, every single day.

And the best place to start? Exactly where you're at right now. So get yourself a cup of tea, clear some space around you, and then get started with the questions below. Now, it might feel like you are alone at this, but please know that you are just one of many women who are taking time out to imagine their new year. Each with her own hopes and dreams for the future.

So let's get started! Embrace this beautiful journey and allow yourself to live a life filled with intention and passion. I'm right here with you, and I can't wait to see where this year takes you. With love.

- Kerry Grezlxo

BUSINESS MENTOR \ HOLISTIC THERAPIST



OVERVIEW

These worksheets have been designed to guide you through your mentoring journey. Whether you're ready to start your business or have an existing one, these worksheets offer valuable insights and practical tips to help you make the most of your mentoring experience.

Each worksheet is carefully crafted to address specific topics related to mentoring, such as setting goals, building trust, effective communication, and providing feedback. By using these worksheets, you will be able to reflect on your current mentoring practices, identify areas for improvement, and develop new strategies for success.

I hope you find these mentoring worksheets helpful and informative, and we wish you all the best as you embark on your mentoring journey.

[Join our Women's Business Hub](#)

Kerry Grezl



CLIENT *Questionnaire*

Lets get to know you better here.

FIRST NAME:

LAST NAME:

PHONE NUMBER:

EMAIL ADDRESS:

MAILING ADDRESS:

WHAT CAN I HELP YOU WITH?

WHAT ARE YOU STRUGGLING WITH?

CLIENT *Questionnaire*

What are your 3 main priorities for each of the categories below? We will work on prioritizing and developing action items for each.

PHYSICAL

EMOTIONAL

SPIRITUAL

FINANCIAL

MENTAL

ENVIROMENTAL

CLIENT *Questionnaire*

What are 3 main goals you want to focus on during our coaching relationship? We will work on developing action items for each.

MAIN GOAL 1

THIS IS IMPORTANT TO ME BECAUSE

MAIN GOAL 2

THIS IS IMPORTANT TO ME BECAUSE

MAIN GOAL 3

THIS IS IMPORTANT TO ME BECAUSE

MENTORSHIP PROGRAM
MEMBERS RESOURCES



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Building a website can seem like a daunting task, but it doesn't have to be. With the right tools and guidance, anyone can create a website from scratch. That's where our online course comes in. In 10 easy-to-follow steps, we'll guide you through the process of building your own website. Sign up for our course today and start building your dream website! 1:1 DIY Sessions available with Kerry.



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Social Media Made Simple

In this guide, we'll cover the basics of social media, including the most popular platforms and their features, how to create a social media strategy, and tips for engaging with your audience. We'll also provide insights into the latest social media trends and best practices for maximizing your impact.



The Ultimate Guide To Instagram For Beginners

With this guide you will gain comprehensive understanding about Instagram and guides. Overall, Instagram is a powerful platform that can help you build your brand and connect with others in your industry. By following the tips and strategies outlined in this guide, you can gain a comprehensive understanding of how to use Instagram effectively and take your social media presence to the next level.



Network Marketers

Social Networking for business Guide. In today's digital age, social networking has become an integral part of any business strategy. For network marketers, social networking can be an effective tool to connect with potential clients, build relationships, and ultimately increase sales. However, it's important to approach social networking with a clear plan and strategy in mind.

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Grab Your **FREE** Printable PDF'S.



Printable Personal Daily Planner

Need to organise your daily life better? 10 page Daily Planner Worksheets for week, month and self care planner. Keeping your life organized can be a daunting task, but with the help of a daily planner, you can take control of your schedule and find some much-needed peace of mind. Our 10-page daily planner worksheets are designed to help you plan out your week, month, and even your self-care routine.



The Course Ninja

Grab this free report and Master Class. Uncover these hot topics in some of the most profitable niche markets online. In today's digital age, niche markets have become increasingly popular and profitable. By focusing on a specific area of interest, businesses can appeal to a targeted audience and establish themselves as an authority in their field.



Printable Password Tracker

Creating a strong and unique username and password is an essential step in keeping your online accounts secure. To help you with this, a printable worksheet can be a useful tool.

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Grab Your **FREE** Printable PDF'S.



10 Ways To “Up Level” Your Marketing Business Marketing This Week

Building a successful network marketing business requires a lot of effort, commitment, and dedication. Fortunately, there are several strategies that you can use to up level your network marketing business and achieve your goals. One of the best ways to start is by accessing the "10 Ways to up level your network marketing business" free ebook. This resource is packed with valuable insights, tips, and tricks that can help you grow your business, increase your sales, and enhance your network marketing skills.



How To Be Mindful In 7 Days Workbook

Mindfulness is the practice of being present in the moment and fully engaged with our surroundings. It can help reduce stress and anxiety, improve focus, and lead to a more fulfilling life. If you're looking to incorporate mindfulness into your daily routine, this free workbook is a great place to start. The How To Be Mindful In 7 Days Workbook provides step-by-step guidance on how to develop a mindfulness practice over the course of a week.



Time Management Printable Planner

The printable daily planner is a great tool for people who want to stay organised and on top of their daily tasks. It's easy to use and can help you increase your productivity and manage your time more efficiently.

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Personal & Energetic Development learning here.*



Awaken Your True Purpose

Discover finding your true purpose in life online course. Attuning ourselves with to soul guidance. Learn simple steps to navigate how to awaken your true purpose. Practical exercises, meditations and worksheets.

With the "Awaken Your True Purpose" online course, you'll be equipped with the tools and knowledge you need to unlock your full potential and live a fulfilling life. So, what are you waiting for? Sign up today and start your journey towards discovering your true purpose in life!



*Freedom means the
opportunity to be what we
never thought we would be.*

DANIEL J. BOORSTIN