



DREAMNUTRIC™

MEMBER
HEALTH &
LIFESTYLE INTAKE

DreamNutric.com

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Welcome to Your Path to Growth:

A Comprehensive Guide to Reforging your Life!



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This intake helps us understand where you are now so we can build a realistic, aligned plan that creates lasting change. Honest answers only. No judgment.

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WELCOME

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WELCOME

Dear Journeyer!

Welcome to a journey centered on growth, clarity, and meaningful change. We are honored to walk alongside you as you step into a deeper understanding of yourself and the life you are creating.

As your Coaches, our roles are to support you in strengthening clarity, confidence, and direction. Together, we will explore the areas of your life where you are seeking growth and create a personalized path that reflects your values, goals, and real-life circumstances.

I am not here to tell you who to be or what to do. Instead, we serve as guides and partners, helping you uncover your strengths, clarify what matters most, and take purposeful steps forward. This is your journey. Our commitment is to offer steady support, thoughtful guidance, and a safe space for reflection and progress.

To help us begin with focus and intention, please complete the following steps before our first session

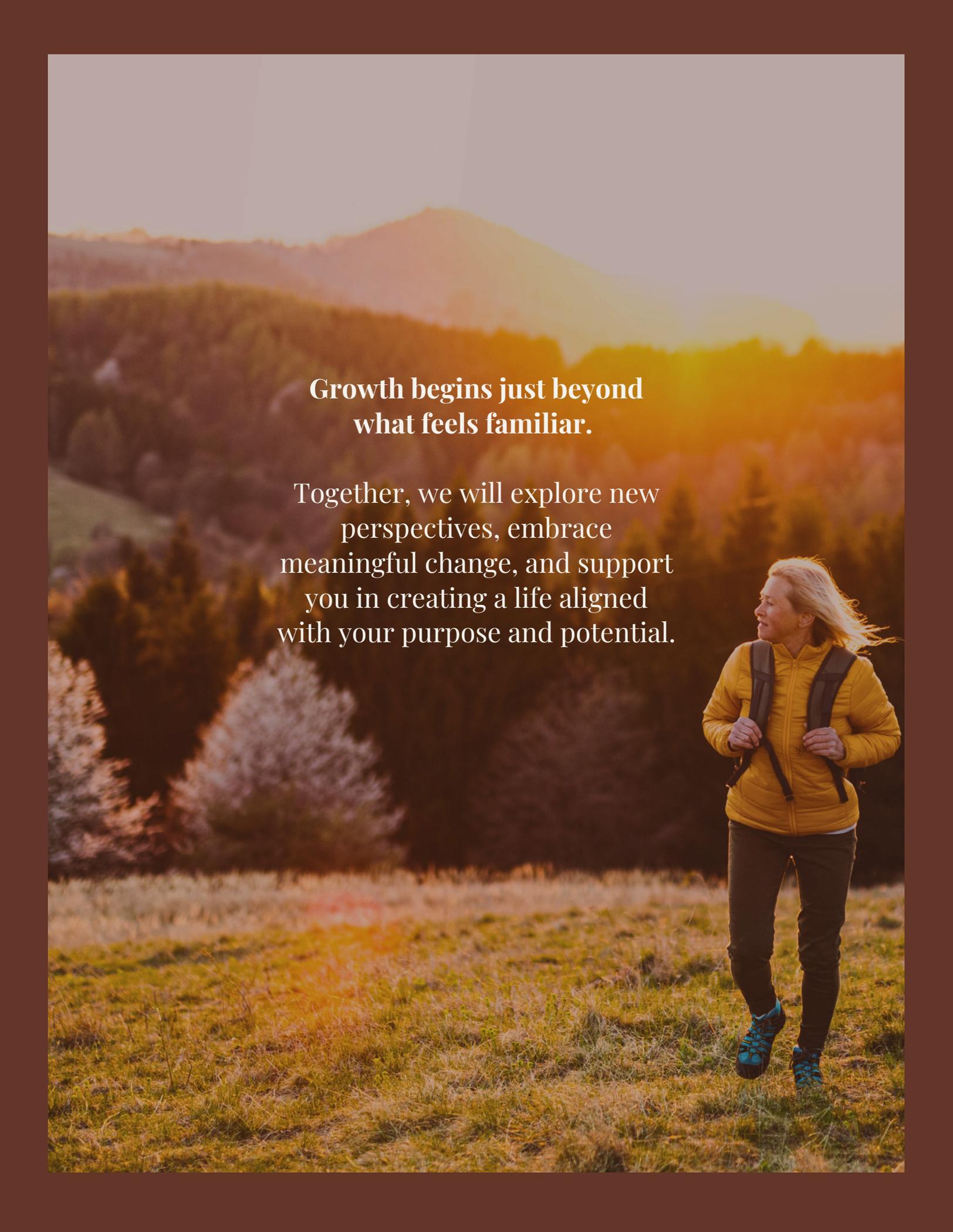
- **Complete the Client Intake Form:** Your responses will provide valuable insights into your current situation and aspirations.
- **Fill Out the Client Questionnaires:** These will help us pinpoint specific areas to focus on and assess your starting point.

Thank you for trusting DreamNutric as your coaching partner. We are honored to support you on a journey of self-discovery, growth, and meaningful change. Together, we will work toward a life guided by purpose, clarity, and lasting fulfillment.

With appreciation,

David McNulty
Your DreamNutric Life Coach



A woman with blonde hair, wearing a bright yellow puffer jacket, dark pants, and blue sneakers, is hiking through a grassy field. She has a backpack on and is looking off to the side. The background features rolling hills and mountains under a warm, golden light, suggesting a sunrise or sunset. The overall scene is peaceful and inspiring.

**Growth begins just beyond
what feels familiar.**

Together, we will explore new
perspectives, embrace
meaningful change, and support
you in creating a life aligned
with your purpose and potential.



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Member
Information

Coaching OVERVIEW

Welcome to the beginning of a journey centered on growth, clarity, and meaningful change. As your Coaches, we are here to support you with thoughtful guidance and practical tools tailored to your goals and challenges. This section outlines how our coaching process works, so you can feel informed, confident, and prepared to make the most of our work together.



Step 1: Initial Consultation & Goal Setting

In our first session, we focus on understanding your goals, challenges, and priorities. Through thoughtful conversation and attentive listening, we clarify what matters most and define meaningful, achievable goals. This initial session lays the foundation for a personalized coaching roadmap aligned with your needs and direction.

Step 2: Personalized Coaching Plan

After the initial consultation, a personalized coaching plan is created to align with your goals, values, and real-life circumstances. The plan outlines key focus areas, action steps, and supportive tools to guide your progress. Each element is designed to keep sessions intentional and help you move steadily toward meaningful change.



Step 3: Regular Coaching Sessions

Each session is a dedicated space for reflection, insight, and forward action. Together, we explore strategies, address obstacles, and acknowledge progress. Sessions build upon one another, allowing the approach to evolve as you grow and stay aligned with your goals. Whether held weekly or bi-weekly, this time is intentionally set aside to support meaningful growth and transformation.

Step 4: Between-Session Work & Reflection

Growth continues between coaching sessions through intentional action and reflection. After each session, you may receive practical steps, reflective exercises, or journaling prompts to reinforce key insights. This between-session work helps maintain momentum and supports applying what you learn to everyday life.

Step 5: Progress Check-Ins & Adjustments

Progress unfolds in its own time, and regular check-ins give us space to gently reflect on how things are going. Together, we look at what feels supportive, what may need adjustment, and how life's changes are showing up along the way. These moments help us realign goals, refine next steps, and ensure the coaching continues to feel steady, relevant, and encouraging.



Step 6: Conclusion & Ongoing Growth

As you approach the end of your coaching package, we'll focus on consolidating your progress and preparing you for independent growth. Our final sessions will review the insights and skills you've gained, ensuring you feel confident moving forward. You'll leave our time together equipped with strategies, a deeper self-understanding, and the motivation to continue your journey beyond coaching.

What to Expect Throughout:

Throughout our coaching journey, you can expect a supportive, tailored experience designed to foster growth and transformation in a safe, welcoming space. Here's what you can look forward to:

- ✓ Confidentiality and Trust: Our sessions are a safe, confidential space where you can share openly.
- ✓ Active Support and Accountability: I'll be here as a guide and accountability partner, offering encouragement and insights to keep you focused and motivated.
- ✓ Continuous Learning and Growth: Coaching is a journey of self-discovery, and I'm here to help you uncover new perspectives and possibilities as we move forward.

Together, we'll create a meaningful and empowering coaching experience that sets you up for lasting personal growth, self-discovery, and transformation. This journey is yours to shape, and each session will bring you closer to the goals and insights that matter most to you. If you ever have questions about the process, new ideas to explore, or simply want to discuss your progress in greater detail, please don't hesitate to reach out. I'm here to support you at every stage, offering guidance, encouragement, and unwavering commitment to helping you create the life you envision.



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03.

MEMBER

Important information about the coaching relationship, confidentiality, and terms of engagement.

Coaching AGREEMENT

Entering into a coaching partnership is an exciting step toward meaningful growth and transformation. As with any professional relationship, establishing clear expectations and mutual commitments is essential. This Coaching Agreement serves as the foundation for our work together, ensuring we both understand the responsibilities, boundaries, and goals of the coaching journey.

Why the Coaching Agreement Matters

The Coaching Agreement outlines the essential elements of our coaching relationship, including confidentiality, commitment, and communication. It is designed to create a safe, professional space where you can explore your goals, challenges, and personal growth without judgment. The agreement protects both your interests and mine, promoting a trusting, open environment that supports your success.

By clearly defining these guidelines, we ensure that our sessions remain focused, productive, and aligned with your objectives. This agreement also reinforces the values of trust, respect, and accountability that are central to the coaching process.

Next Steps

Please take a moment to read through the Coaching Agreement on the following pages. If you have any questions or need clarification on any part of the document, feel free to reach out. I am here to provide any additional information and ensure you feel comfortable and fully informed.

Once you have reviewed the agreement, kindly sign and return it ahead of our first session. This step will allow us to begin our coaching journey with a shared understanding, so we can focus entirely on your goals and growth.



Thank you for taking this important first step. We look forward to working with you as we embark on this path to self-discovery and positive change together.

Coaching AGREEMENT

This Coaching Agreement for coaching services

Dated: The "Effective Date"

is made between: The "Coach"

and The "Client"

will continue for a duration of _____ months, or until the client terminates the services (whichever comes first).

Coaching is a collaborative process with an ongoing relationship between the Client and the Coach. The coaching experience supports the Client in establishing new behaviours. The coaching relationship is strengths-based, forward-looking, and collaborative. The coaching agenda is developed and implemented in partnership between the Client and the Coach, with the role of the Coach being to help the Client progress toward achieving a goal.

- **The Client and the Coach** agree to engage fully in the coaching experience
- **The Client** recognizes that coaching is not therapy, counselling, or consulting

1. Confidentiality

The Coach agrees to keep all conversations and information with the Client private and confidential, as allowable by law. No personal information will be shared with anyone without the Client's express permission. Exceptions may be made if there is an imminent threat of serious injury to oneself or someone else.

2. Data Security

You understand that the use of technology is not always secure and you accept the risks of confidentiality in the use of email, text, phone, WhatsApp, Skype and any other technology.

Coaching AGREEMENT

3. Waiver

You hereby release, waive, acquit and forever discharge your Coach, any agents, successors, assigns, personal representatives, executors, heirs and employees from every claim, suit action, demand or right to compensation for damages you may claim to have or that you may have arising out of acts or omissions by yourself or by your Coach as a result of the advice given by your Coach or otherwise resulting from the coaching relationship contemplated by this agreement.

You further declare and represent that no promise, inducement or agreement not expressed in this agreement has been made to you to sign this agreement. This agreement shall bind your heirs, executors, personal representatives, successors, assigns, and agents.

4. The Services

By entering into this relationship, the Client and Coach acknowledge that the Client desires to make a behavioral change or some type of improvement in his or her life. Behavioral change often takes time to implement and sustain. The pace of change is uncertain and varies amongst individuals. As such, the Client and Coach agree to a minimum of a 3-month relationship.

5. Coaching Session Procedures

Coaching sessions may occur in person, by phone, through video conference, or over email, depending on the venue that works best for the Client and what coaching package is selected.

- The Coach and Client agree to adhere to established appointment times.
- The Coach and Client agree to begin and finish all appointments on time. If the Client is more than 15 minutes late to an appointment, the Coach will assume that the appointment is canceled and the Client will be responsible for the full coaching fee. If the Coach is more than 15 minutes late to an appointment, the Client may assume that the session is canceled and the Client shall not be responsible for any payment for that session.

Coaching AGREEMENT

- The Client agrees to cancel or reschedule an appointment at least 24 hours in advance, without a change fee. Any changes or cancellations within 24 hours are subject to a 50% cancellation fee.
- Sessions are by phone either via Skype, FaceTime audio, WhatsApp audio or by telephone direct. In all cases the client is responsible for calling the coach. The coach is open to other formats by mutual agreement. The Coach is responsible for ensuring that they are available for consultation at agreed times.
- The length of each session set by the client at the time of booking on the appointment booking platform and paid for accordingly at the time of booking. Sessions may over-run by mutual agreement and paid for retrospectively, but only if the Coach has no commitments immediately following the session.

6. Cancellation Policy

Clients maintain the right to cancel payment at any time. Cancellation must be given in writing and received before the following month's billing cycle. If you need to cancel a session, please give 24 hours notice to reschedule the monthly session, or this session will otherwise be charged

7. Coaching Fees

The fee for the initial coaching service package will be charged on a quarterly basis at a rate of **\$2,499.00** for 3 months. It covers one 45-50 minute session per week. This fee is payable using PayPal, Stripe or Zelle. You can renew for another 3 months at the same rate or if you opt to sign up for 6 months, the rate is **\$4,598.00**, a \$500 savings.

8. Rearranging Sessions

If the client needs to rearrange a coaching session, they should provide at least 48 hours notice. No refunds will be given to clients for unused coaching sessions unless 48 hours notice has been given. In exceptional circumstances the Coach may need to rearrange a coaching session. In those instances he will also give the client 48 hours notice where practical.

Coaching AGREEMENT

9. Purchasing Extra Sessions

Extra session purchases can be made online and can be made with the Coach of your choice. You will be contacted within 24 hours of your purchase to discuss your personal goals with your Coach.

10. Cancellations

If the Coach fails to give you 48 hours' prior notice of any cancellation, you will be entitled to 1 extra hour of coaching, in addition to the session you missed. We require a minimum of 48 hours' prior notice of any cancellation of any coaching workshop sessions. If you fail to provide a minimum of 48 hours' prior notice, you will still be charged for the session slot. Any rearranged cancelled sessions will be at a time mutually agreed between you and the Coach.

11. Early Termination

DreamNutric is committed to honoring both the client's well-being and the integrity of the coaching relationship. Clients may request a full refund within 72 hours of signup and payment. After this 72-hour period, all sales are final and refunds will not be issued. Once coaching services have begun, including scheduling, access to materials, or participation in sessions, those services are considered provided and are non-refundable. In rare and exceptional circumstances such as verified illness, bereavement, unavoidable life commitments, inappropriate or abusive behavior by the client, actual or potential conflicts of interest, or other situations deemed significant by the Coach, DreamNutric reserves the right to end the coaching relationship early. When practicable, reasonable notice will be given, and any advance payments for coaching sessions not yet provided may be refunded at the Coach's discretion. By enrolling, the client acknowledges and agrees to this policy with the understanding that it exists to ensure fairness, respect, and sustainability for all involved.

Coaching AGREEMENT

12. Variation to Terms & Conditions

Where an Initial Number of Sessions is agreed, any changes to these terms and conditions intended to take effect prior to the conclusion of those Initial Number of Sessions will only have effect if agreed by both the Coach and the client and confirmed by the Coach in writing by email or letter. In other cases, the Coach may change any of these terms or conditions including the Per Session Fee by giving the client one week's notice in writing by letter or e-mail of the change(s). If following receipt of such notification of change, the client no longer wishes to proceed with further coaching sessions, they may withdraw from the service immediately by giving notice in writing by email or letter and they will then be entitled to a full refund of any fees paid in advance for coaching sessions not yet provided. Such notice will be effective on receipt by the Coach

13. Complaints

If for any reason you are unhappy with the Coach, you may transfer to another Coach at any given time. In all circumstances, any sessions used with the previous Coach remain used. The Coach cannot prescribe treatment or diagnose medical conditions. They may at any time ask to consult with your doctor should any mental health or medical condition arise.

14. Refunds

If for any medical reason you are no longer able to complete any coaching sessions, you will be given a refund on any outstanding sessions. We may ask for you to provide proof from your doctor.

By signing below, the Parties acknowledge that they have read, fully understood, and fully agree to the terms and conditions of this Life Coaching Contract as they are written.

Signed:

Date:



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RESPONSIBILITIES & EXPECTATIONS

Insights into industry trends, client
demographics, and demand.

Our Coaching SESSIONS

We are excited to embark on this transformative journey with you, and we want to ensure that our coaching sessions are a rewarding and productive experience. Here's what to expect:

Meeting Schedule:

We will convene for our coaching sessions regularly, typically on [day(s)] at [time] each [week/month]. This consistency will help maintain focus and momentum in achieving your goals.

Preparation for Success:

To maximize our session's effectiveness, you will receive a pre-session/pre-call form to complete and return to me at least a day before our scheduled meeting. This form will serve as a starting point for discussions.

Focused Exploration:

Our sessions will revolve around the action steps and goals identified in your personalized coaching action plan. However, your needs and interests are central to our work together. If you wish to explore a different aspect or topic, kindly provide your coach with 24 hours' notice to ensure we tailor our session accordingly.

Monthly Reflections:

Every month, we will engage in a valuable reflection exercise. During this time, we will assess your progress, celebrate your achievements, and identify areas for growth. Your feedback is invaluable in refining our coaching approach and ensuring that our sessions are tailored to your evolving needs.

In-Between Sessions:

The time between our sessions is equally important as the time we spend together in sessions. You will actively engage in implementing the strategies and action steps outlined in your coaching action plan. Consistent effort during this period is key to achieving your wellness goals.

Open Communication:

We are here to provide guidance, support, and a safe environment for exploration and growth. Our coaching journey is a collaborative endeavor, and we are dedicated to helping you unlock your full potential. Don't hesitate to reach out to your coach with questions or concerns between sessions.

Your success is our top priority, and we eagerly look forward to each session as a chance for positive transformation. Together, we'll navigate this journey toward a more fulfilled, purposeful you.

Coaching Success GUIDELINES

Expectations of the Coach:

As your dedicated life coach, we are committed to providing you with the best possible support and guidance throughout your journey. Here's what you can expect from us:

- **Expert Guidance:** Our team of experienced professionals is here to offer expert guidance tailored to your unique needs and goals. We're committed to helping you every step of the way.
- **Personalized Solutions:** We understand that everyone's path is different. That's why we offer personalized solutions that align with your aspirations and challenges. Your success is our priority.
- **Clear Communication:** Open and transparent communication is vital to us. We'll keep you informed, answer your questions, and provide regular updates to ensure you're always in the loop.
- **Supportive Community:** You're not alone on this journey. Join our supportive community of like-minded individuals who share your goals. Together, we'll inspire and motivate one another.
- **Continuous Improvement:** We're dedicated to continually improving our services. Your feedback is invaluable in helping us enhance our offerings and ensure your satisfaction.



Coaching Success GUIDELINES

Expectations of the Client:

As your dedicated life coach, we are committed to providing you with the best possible support and guidance throughout your journey. Here's what you can expect from us:

- **Open Communication:** Keep the lines of communication open. Share your goals, challenges, and questions with us. The more we know, the better we can support you.
- **Commitment to Growth:** Embrace the process of growth and change. Be open to trying new approaches and techniques that can help you reach your goals.
- **Consistency:** Success often comes from consistent efforts. Stay committed to the strategies and plans we develop together, even when faced with setbacks.
- **Honesty and Feedback:** Provide honest feedback about your experiences and coaching progress. Your insights are invaluable in tailoring our support to your needs.
- **Accountability:** Take ownership of your journey. Be accountable for your actions and decisions and use our guidance to stay on track.
- **Active Participation:** Engage actively in the process. Attend sessions, complete assignments, and actively participate in our community.



EMBRACING THE JOURNEY OF GROWTH.

Your responsibilities as a client are not about perfection but about embracing commitment, honesty, and a willingness to fully engage in the coaching journey. Growth is a process that unfolds over time, and it's natural to encounter challenges along the way. What matters most is your openness to explore new perspectives, to take actionable steps, and to approach each session with curiosity and dedication.

Together, we'll work to build a meaningful and supportive coaching experience that's uniquely aligned with your personal goals and aspirations. By embracing these responsibilities, you're investing in yourself, your potential, and your vision for a fulfilling life.

This commitment sets the stage for lasting change, helping you not only reach your current goals but also develop the skills and resilience to continue thriving long after our coaching journey ends.





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FREQUENTLY
ASKED
QUESTIONS

Answers to common questions
regarding sessions, communication,
rescheduling, and cancellations.

FREQUENTLY ASKED QUESTIONS

Starting a coaching journey often brings up questions about the process, expectations, and logistics. Below are answers to some of the most frequently asked questions, which I hope will provide you with clarity and confidence as you embark on this path. If you have further questions, please feel free to reach out at any time.

1. What can I expect from coaching sessions?

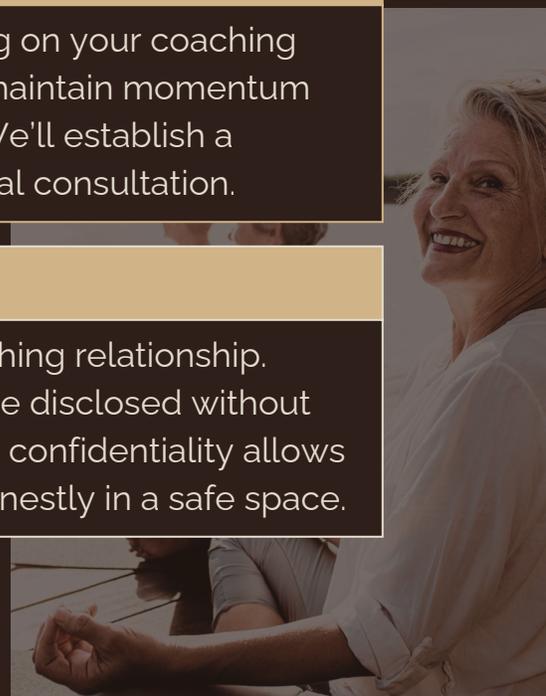
Each coaching session is a focused time dedicated to exploring your goals, challenges, and insights. I will guide you with thought-provoking questions, strategies, and exercises that encourage self-reflection and personal growth. Sessions are collaborative and adaptable, allowing us to address whatever is most relevant to you at each meeting.

2. How often do coaching sessions take place?

Typically, sessions occur weekly or bi-weekly, depending on your coaching package and personal preference. The regularity helps maintain momentum and keeps you progressing steadily toward your goals. We'll establish a schedule that fits your needs and lifestyle during our initial consultation.

3. Are our sessions confidential?

Yes, confidentiality is a foundational principle in our coaching relationship. Everything shared in our sessions is private and will not be disclosed without your explicit consent, except where required by law. This confidentiality allows you to explore your thoughts and feelings openly and honestly in a safe space.



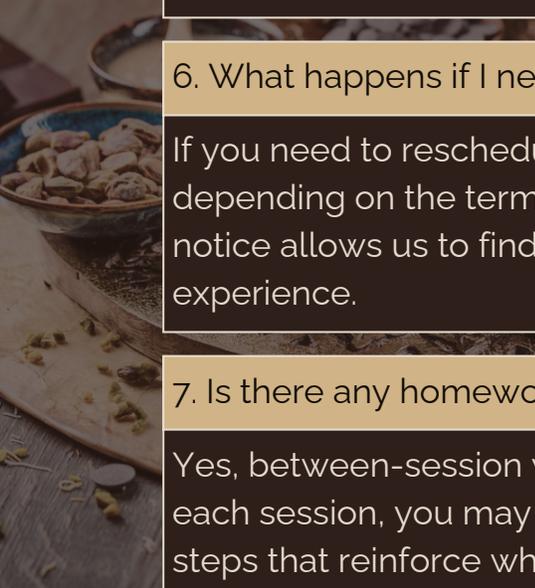


4. Will you tell me what to do?

As your coach, our role is not to give direct advice or solutions but to help you uncover your own answers. We will provide guidance, tools, and strategies that empower you to make informed decisions and take actions aligned with your goals. You are the expert in your life, and we are here to support and facilitate your journey.

5. What if I don't achieve my goals?

Personal growth is a journey that can take time and often involves ups and downs. If you encounter challenges or your goals evolve, we'll work together to adjust and set new strategies. Coaching is about progress, not perfection, and every step you take, even small ones, is meaningful.



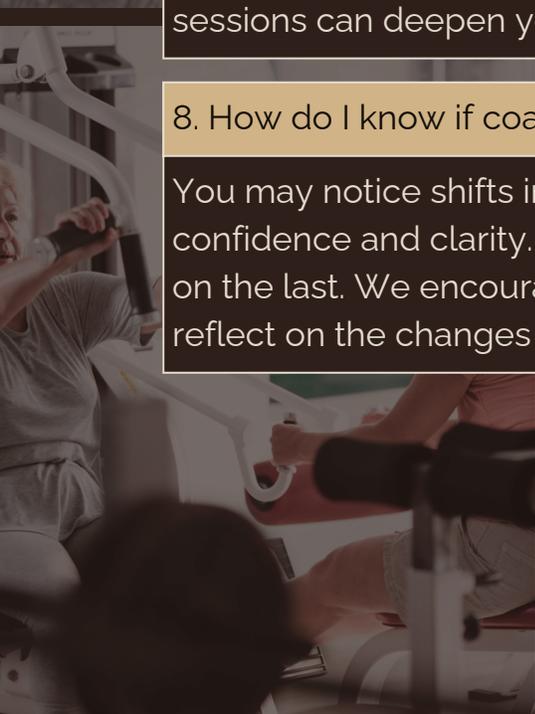
6. What happens if I need to reschedule a session?

If you need to reschedule, please provide at least 24-48 hours' notice, depending on the terms outlined in our Coaching Agreement. This advance notice allows us to find a new time without disrupting the flow of your coaching experience.

7. Is there any homework or between-session work?

Yes, between-session work is a valuable part of the coaching process. After each session, you may receive reflective exercises, journaling prompts, or action steps that reinforce what we discussed. Engaging with these activities between sessions can deepen your insights and accelerate your progress.

8. How do I know if coaching is working for me?



You may notice shifts in your thinking, new insights, and a growing sense of confidence and clarity. Coaching is an evolving process, and each session builds on the last. We encourage you to track your progress, celebrate small wins, and reflect on the changes you see in your life.

9. Can I contact you between sessions?

Yes, you are welcome to reach out via email if you have questions or updates between sessions. We are here to support you, and staying in touch between sessions can help maintain momentum. Just remember that more extensive discussions are best saved for our scheduled sessions.

10. What should I do if I feel stuck or unsure about something?

Feeling stuck is a natural part of the growth process, and it's something we can work through together. Bring any doubts or uncertainties to our sessions, and we'll explore them with compassion and curiosity. Addressing these moments openly can lead to powerful breakthroughs and deeper self-understanding.

Moving Forward with Confidence

We hope these answers provide clarity and reassurance as you embark on your coaching journey. This process is one of self-discovery, growth, and meaningful change, and we are here to support you every step of the way. Remember, your journey is unique, and so is our approach—coaching is about finding what works best for you and aligning our sessions with your evolving needs.

If you have any further questions, or if there's something specific you'd like to address, please feel free to reach out to us. There is no question too small or concern too insignificant - open communication is key to a successful coaching experience.

I look forward to working together, helping you uncover insights, overcome challenges, and take powerful steps toward the life you envision. Let's make this a transformative and rewarding experience, one that empowers you to reach new heights in both your personal and professional life.





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PRE-SESSION REFLECTION

A preparatory worksheet to help
clients clarify their goals and
aspirations before the first session.



PRE-SESSION REFLECTION WORKSHEET.

Self-reflection is a powerful tool that allows us to approach coaching sessions with greater clarity, intention, and focus. Before our first session, this Pre-Session Reflection Worksheet will help you think about what you want to achieve, where you're starting from, and how coaching can support your journey. Taking the time to reflect on these questions can set the stage for meaningful growth and allow us to begin our work together with clear, purposeful goals.

Instructions:

Take some quiet time to answer the questions below. There are no "right" or "wrong" answers—just your honest reflections. Your responses will provide valuable insights into your current situation, goals, and any obstacles you may be facing. Feel free to bring the completed worksheet to our first session, or email it to me in advance if that's easier for you.

Pre-Session REFLECTION

1.

What brings you to coaching?

2.

What are your main goals for our coaching work together?

3.

What values or beliefs are most important to you?

Pre-Session REFLECTION

4.

What areas of your life are you most satisfied with, and why?

5.

What areas of your life feel most challenging right now?

6.

What obstacles do you feel are holding you back from reaching your goals?

Pre-Session REFLECTION

7.

How would you describe your ideal outcome for coaching?

8.

Is there anything specific you'd like us to know as your coach?

Making the Most of This Reflection

Completing this worksheet isn't just preparation; it's a chance to gain deeper insight into what you truly want and need from coaching. The clearer and more honest you are in your reflections, the more rewarding and tailored our work together will be, allowing us to focus on what truly matters to you.

By starting with these reflections, you're already taking a meaningful step toward growth and transformation, and I look forward to exploring these insights with you.



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GOAL SETTING & TRACKING

An introduction to setting and tracking
meaningful goals throughout the
coaching journey.

Goal Setting & TRACKING

Setting clear, actionable goals is a powerful step toward creating the life you envision. This guide introduces you to effective goal-setting and tracking strategies, providing a focused approach to achieving your aspirations. Throughout our coaching sessions, we'll refine your goals, break them into manageable steps, and celebrate your progress.

Why Goal Setting Matters

Goal setting provides direction and motivation, transforming your intentions into specific, achievable outcomes. By defining what you want to accomplish, you can channel your energy effectively, overcome obstacles, and build momentum toward lasting change.

Setting SMART Goals

A helpful way to structure goals is through the SMART framework, which ensures each goal is:

- **Specific:** Clearly define what you want to achieve.
- **Measurable:** Include a way to measure progress or success.
- **Achievable:** Set goals that are challenging but realistic.
- **Relevant:** Align each goal with your values and overall vision.
- **Time-bound:** Set a deadline or timeframe to maintain momentum.

For example, instead of saying, "I want to reduce stress," a SMART goal would be, "I will practice 10 minutes of mindfulness meditation every morning for the next 30 days to manage my stress."

To practice setting goals using the SMART framework, please complete the SMART Goal Worksheet provided on the following page. This worksheet will help you clarify and refine a specific goal, making it actionable and measurable. Feel free to bring your completed worksheet to our next session so we can discuss your insights and any adjustments you'd like to make.

SMART GOALS

<p>S</p> <p>Specific</p>	<p>What is your specific goal?</p> 	
<p>M</p> <p>Measureable</p>	<p>How will you measure your progress towards this goal?</p> 	
<p>A</p> <p>Achievable</p>	<p>Is this goal achievable given your current resources and constraints?</p> 	
<p>R</p> <p>Relevant</p>	<p>How does this goal align with your overall values, priorities, & aspirations?</p> 	
<p>T</p> <p>Time-Bound</p>	<p>When do you want to achieve this goal by?</p> 	

Breaking Goals into Actionable Steps

Large goals can feel overwhelming, so it's essential to break them down into smaller, manageable steps. For each goal, identify the key actions needed to move forward. For instance, if your goal is to improve work-life balance, specific steps might include setting boundaries around work hours, scheduling regular self-care activities, or communicating your needs with others.

Tracking Your Progress

Tracking your progress helps you stay motivated and aware of the steps you're taking. Consider keeping a journal, checklist, or digital tracker where you can record each milestone, action step, and any insights along the way. Regularly reviewing your progress also allows us to adjust your plan as needed, ensuring it aligns with your evolving goals.

Celebrating Wins, Big and Small

Acknowledging achievements, no matter how small, builds momentum and reinforces positive habits. Each time you make progress toward your goals, take a moment to celebrate your effort. Recognizing these "wins" will boost your motivation and reinforce your commitment to lasting change.

Keeping Your Goals Flexible

Remember, goals may evolve over time as your priorities and insights shift. It's okay to refine or adjust your goals throughout our coaching journey. Flexibility allows you to stay aligned with what matters most, ensuring your goals continue to reflect your personal growth and changing needs.





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CODE OF ETHICS

Assurance of a safe, professional, and
confidential coaching environment.

Code of ETHICS

As dedicated Life Coaches, we pledge to uphold the highest standards of ethics and professionalism in our practice. Our commitment to you, our valued client, is unwavering. Here are our Code of Ethics and Professional Conduct:

1. INTEGRITY AND PROFESSIONALISM

- We will maintain a professional relationship with our clients at all times.
- We will always prioritize our clients' interests above our own.

2. CONFIDENTIALITY

- We will rigorously safeguard and guarantee the confidentiality of our clients.
- We will not disclose any client information without explicit consent, except where required by law.

3. SCOPE OF PRACTICE

- We will not offer advice, counseling, or psychotherapy to any client within the scope of our duties as a coach.
- We will refer clients to appropriate professionals when necessary.

4. HONESTY AND RESPECT

- We will build lasting relationships founded on honesty, integrity, and respect with every client we serve.
- We will provide honest and constructive feedback while maintaining empathy and sensitivity.

5. DEDICATION

- We will commit our extensive professional experience, skills, and focus to help every client we serve.
- We will be relentless in our pursuit of your success, believing in your potential without limitations imposed by past performances.

6. Empowerment and Support

- We will empower our clients to believe in themselves, set realistic goals, take appropriate actions, and celebrate their successes.
- We will provide a safe and nurturing coaching environment, free from judgment, criticism, or fear of failure.

7. Commitment to Excellence

- We will remain dedicated to professional excellence in all facets of our practice.
- We will continually enhance my knowledge, skills, and abilities to better serve our clients.

By adhering to these ethical principles, I aim to ensure that your coaching experience is not only transformative but also deeply respectful, supportive, and enriching. These principles serve as the foundation of our partnership, fostering an environment where you feel safe to explore, grow, and confront challenges.

My commitment to integrity, confidentiality, and empathy means that each session is a space where you are valued, heard, and empowered to achieve meaningful progress on your journey.





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NEXT STEPS

Guidance on what to bring, how to prepare for the first session, and how to reach out with questions.



Next STEPS

Congratulations on taking this first step toward growth, self-discovery, and meaningful change! The beginning of a coaching journey is an exciting time, and I'm thrilled to start working with you. This chapter will help you prepare for our first session together and outline some next steps to ensure you feel ready, focused, and confident.

Preparing for Your First Session

To make the most of our first session, it's helpful to come with an open mind and a clear intention. Here are a few suggestions for preparation:

Review Your Pre-Session Reflection Worksheet

If you completed the Pre-Session Reflection Worksheet, take a moment to look over your responses. This will help you reconnect with your initial goals, values, and aspirations, creating a solid foundation for our first discussion.

Identify Key Topics

Think about any specific areas or challenges you'd like to address. If there's something pressing or especially important to you, note it down. This can include anything from career goals to personal development areas you want to focus on.

Consider Your Hopes and Expectations

Reflect on what you hope to gain from coaching. Whether you're looking for personal growth, clarity, or actionable strategies, knowing what you want to achieve will help guide our work together.



What to Bring to the First Session

For our first session, you don't need to bring much - just yourself and an open mind. However, here are a few things that might be helpful:

- Your Pre-Session Reflection Worksheet: If completed, bringing this worksheet will allow us to refer to your insights and goals right away.
- SMART Goal Worksheet: If you've practiced setting a SMART goal, feel free to bring that worksheet as well. This will give us a starting point for discussing your goals in more depth.
- Any Questions You Have: Coaching is a collaborative process, so don't hesitate to bring any questions or topics you'd like to discuss regarding the process, expectations, or anything else that's on your mind.

LOOKING FORWARD

Our coaching journey will be an evolving process, and each session will bring new insights, challenges, and accomplishments. I'm here to support you every step of the way, providing guidance, encouragement, and accountability. By showing up with commitment and openness, you're already setting the stage for meaningful transformation.

If you have any final questions before our first session, feel free to reach out. I look forward to meeting you soon, and I'm excited to embark on this journey together!

“This is the beginning of anything you want. Embrace the path ahead with curiosity, courage, and confidence.”



SEE
YOU
SOON!

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