



CONFIDENTIAL

Your Best Life – A 12 Month Journey Team Member Registration Package

Please complete this document and return it via email to
hello@michellerichardson.com

Date: _____

Program Start Date (MM/YY): _____

First Name: _____ Last Name: _____
Address: _____
City: _____ State/Province: _____
Zip/Postal Code: _____

The best phone number to reach me at is: () _____
The best time to reach me is: _____
My Time Zone is: _____
My private email address is: _____
3 meeting days/times that work for me are: _____

Write a short paragraph about yourself (approx. 50 words) that can be shared with the team. Include information about who you are, what you do and something interesting about you. Include only information that you are willing to share with others.

On the following pages there are questions intended to provide you with valuable insight and assist me during the program. You may not have taken much time to think about before now, so please take some time to think about and answer these questions. Take as much room as you need to answer them completely.

1. Please answer the following questions thoroughly:

a. The 5 things (results, resolutions, people etc.) I want most in my life are:

b. My life would be different in the following ways if I had these things:

2. Rate (circle) your level of satisfaction with each of the areas of your life below (1 is the lowest and 10 is the highest). Provide comments for each to explain your rating.

My level of satisfaction with:

Comments:

1. my career/business 1 2 3 4 5 6 7 8 9 10	
2. my family life 1 2 3 4 5 6 7 8 9 10	
3. my health/wellness 1 2 3 4 5 6 7 8 9 10	
4. my personal finances 1 2 3 4 5 6 7 8 9 10	
5. my emotional/spiritual health 1 2 3 4 5 6 7 8 9 10	
6. my friendships/community involvement 1 2 3 4 5 6 7 8 9 10	

3. Answer and comment on (i.e. why) each phrase below. Give this some thought and provide detail.

a. My greatest strength is:

b. My greatest opportunity for development (aka 'weakness') is:

c. The area of my life I am most satisfied with is:

d. The area of my life that I most want to improve is:

4. Something I have always wanted to do and have never done, or started and never completed (and I want to complete) is:

5. Additional thoughts/comments/information