

# 1:1 Mentorship Intake Form

*This form helps me understand where you are on your journey, what you're seeking, and how I can best support you. All responses are held in confidentiality and sacred trust.  
Please take a few deep breaths and answer from your heart.*

## **Basic Info**

1. **Full Name** \_\_\_\_\_
2. **Email Address** \_\_\_\_\_
3. **Instagram or TikTok (if applicable)** \_\_\_\_\_  
*(Optional — helps me connect with your energy online)*

## **Where You Are Now**

4. **What are you currently moving through emotionally, spiritually, or energetically?**  
*(No need to overthink—whatever comes up is welcome.)*

5. **What's calling you to this mentorship space right now?**  
*(What are you seeking clarity, guidance, or support with?)*

6. **Have you been on a spiritual or healing journey already?**  
*(Optional: Share a short reflection if you want to share your journey)*

- ☐ Yes, for a while
- ☐ I'm just beginning
- ☐ I've been on and off
- ☐ I'm not sure what to call it

## **Your Intention**

7. **What is your soul longing for in this season of your life?**  
*(Truth, peace, clarity, purpose, healing, release, etc.)*
  
  
  
  
  
  
  
  
  
  
8. **What would a powerful breakthrough or shift look like for you right now?**

## **Practical Info**

9. **Preferred Session Days/Times (include your time zone)**  
*(e.g., Mondays after 3PM EST, or “flexible but prefer evenings”)*
  
  
  
  
  
  
10. **How much are you able to pay?**  
*(I am willing to work with you to arrive at a session price that is reasonable depending on your needs!)*
  
  
  
  
  
  
11. **Do you have any energetic sensitivities or mental health concerns you’d like me to be aware of?**  
*(Optional, held with compassion and care)*

## **Final Note**

12. **Is there anything else you feel I should know before we meet?**  
*(This could be a question, intention, concern, or simply something on your heart.)*