

Complete Questionnaire and Floor Plan, then forward
before in-person or online Consultation/ Coaching session

Name: _____



Phone Number: _____ E-mail: _____


Address: _____

Date of birth: _____

Place of birth: _____

Please sketch your floor plan here:

 Scan to PDF and email to
Nadine@NadineOei.com
 Fax to 515-525-1116

 Mail to
1563 Solano Avenue
Berkeley, CA 94707

What outcomes from the personal consultation/ coaching session could help you move forward holistically in life with more meaning and success? *Your space tells your story!* The process includes the "why" and "how to change" solutions using your home/work space as a tool.

Check your priorities below and give some thought to your current values:

- self-awareness is the foundation of life; be more confident & self-empowered
 - help before moving to a different home/apartment avoids mistakes & saves money; know what is best suited for the "Real Me"
 - time is a thief; slow down, and make discerning choices with awareness
 - rent/mortgages are \$\$\$\$; use space effectively to project/ support the "Real Me"
 - work is 1/3 of the daily time available; make it more in sync with who "I am"
 - achievement depends on relationships; make them kinder & more understanding
 - clutter in space/ mind/ body sabotages success; release it to increase clarity/ focus
 - simplicity in spaces/work/ lifestyle reduces stress: focus on needs, not wants, to be more relaxed and ecological
 - abundance is deserved; clarify what abundance means to me at this time in life
 - sleep is as essential as water: make it a life priority to be fully awake/ alive
 - habits need to change to grow/ stay healthy; replace old ones through awareness/repetition
 - safe spaces result in fewer accidents/ less anxiety; replace hazardous impediments
 - romance, passion, beauty ignites the spirit: need a little spice added to life
 - we are a part of nature; connect more by bringing outdoors in to be in sync with the universe
 - emotional ups & downs cause stress/ health issues; learn to balance space & life
 - maintenance of eating/ physical movement is essential; be more inspired/ creative
 - toxins in the space/body/mind are detrimental; purify /eliminate/ replace with healthy alternatives
 - other: _____
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