

# EVOLVED BEING

## Questionnaire

Evolved Being uses a holistic approach where we evaluate your physical, mental, and spiritual health in order to get you where you want to be. Each individual has their own idea of success, as we discover your current health in the below areas, we are able to create your version of wellbeing. Please fill out to the best of your knowledge, what you feel comfortable sharing.

Please include a brief description of what you are looking for with your Evolved Being session:

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What, if any, is your physical fitness regime like? Do you run, bike, do yoga, hike, take classes, lift weights, have a physical hobby, etc.?

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What is your diet like? Do you have any certain dietary restrictions allergies, diet tools, habits, etc.?

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What does your mental health routine look like? Do you journal, have a therapist, are you involved in a community, do you participate in volunteer work, how is your sleep patterns, etc.?

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What does spirituality mean to you? Do you have any specific spiritual practices, do you consider yourself part of a religion, do you participate in worship of any style, do you meditate, how much time do you spend in nature, etc.?

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How would you consider your relationship health? Do you have and keep good relationships, are relationships challenging for you, are you looking to heal relationships, etc.?

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Are you content with your financial situation and work/career life? Please elaborate to your level of comfort.

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Thank you for your time in sharing, and I am so excited to connect with you!

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