

# Wellness Coaching Community

## Membership Application

Ready to see if you're a good match for our program? It's something you and I both need to know. Because we both have time and effort at stake, it's important to have a good sense that we're investing it well.

Allow me to share with you the qualities of some of our most successful participants. Then you'll have an opportunity to evaluate yourself on those same qualities. We'll see how you match up.

### Successful members:

**1. Have a good sense of where they're headed** -- even if that sense is that the first thing on the agenda is to get clear on where they're headed!

How about you? What one aspect of your life, if you were to upgrade it, would bring about the biggest change in your quality of life? Answer the question at least 6 times:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**2. Believe that the things they want to achieve in life are possible.** Consider this carefully. Is there at least a small part of you that can see yourself in the state of success you desire? Or are you trying to prove to yourself and the world that your situation is impossible?

You don't need to have all the confidence in the world at the outset. You do need to be willing to succeed.

How would you describe your sense of possibility in life?

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**3. Have a good sense of the benefits available in their life when they are successful.** What do you plan to achieve by realizing the goals you have in mind? This is your underlying intention; your sense of "why."

Why is it important to you to realize your goals?

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**4. Understand the obstacles in their way to success.** If you didn't have at least some obstacles, you'd be there already. Do you have trouble getting your time organized? Are you slowed down by not knowing how to accomplish what you want to do? Are you panicked by all the possibilities in your path? Overwhelmed? Undecided?

What's in your way?

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**5. Are strongly in touch with what is at risk in their life should they not reach their goals.** This is honestly one of your most important questions. Is your health at stake? Your relationships? Your sense of fulfillment in life? Your retirement fund?

What do you stand to lose if you don't bring about the goals you're working toward?

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**6. Are willing to move steadily toward their goals by contributing toward them consistently over time.** This program is not a "quick fix." It's about changing your lifestyle. About distinguishing what's most important to you in life and choosing your actions accordingly. It's about acting consistently on the intentions you set for yourself.

It's about **not** getting stopped by the old line, "Something more important suddenly came up!"

Are you willing to take one small step a day toward the fulfillment of your most important dreams?

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**Why do you want to be part of this program?** \_\_\_\_\_

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Your Name _____
Address _____
City _____ State / Province _____
Postal Code _____ Country _____
Daytime Phone (____) _____
Other Phone (____) _____
e-mail address _____

**Please submit this application form in one of the following ways:**

- E-mail. Enclose the information in the body of an e-mail and send to: [info@wellnesscoachingprogram.com](mailto:info@wellnesscoachingprogram.com)
- Fax to: (701) 838-3027
- Mail to: Wellness Images, 1225 4th Street SW, Minot, ND 58701 USA

**Thank you!**  
**We'll contact you shortly.**