

How are you doing?

Name it to Tame IT



Yes, there is a lot going on and I need for you to know you are loved and supported. Thank you for allowing me to step into your day with love and light. I thank you for all you are doing, enduring and sharing.

Please take a few moments to fill out the short questionnaire. The one caveat don't overthink it. Simply let it flow from you and through you.

Simply write your answers in this document. You may be surprised how powerful it is to take what you are feeling and label it (neither right or wrong, it is a feeling and it is meant to be felt).

If you would like, you are encouraged to email this page back to me at rebecca@CALALYSTVetPC.com with the subject line Completed How You Doing? (or something along those lines). When you have questions, feel free to reach out to me. Schedule a 15-minute, free [Discovery Call](#).

I believe in you! RR

Rebecca Rose, CVT
Certified Career Coach
CATALYSTVetPC.com

Name:

Date:

Share one or a few words that describe your mood in this moment, the first few that come to your mind. _____

1. What is working well for you right now?
2. How can you make your career and life even better yet?
3. If you could gift yourself one thing, what would it be?
4. How would that gift support you in this moment?
5. What are you struggling with the most right now?
6. What tools are at your fingertips to alleviate some of the challenge?
7. What else do you wish to share with?

Thank you! We greatly appreciate you sharing these thoughts with me.

Discovery Call: <https://catalystvetpc.com/catalyst-discovery-call/>