

■ Coach Jo's Mindset Discovery Questionnaire ■

Name:

Email:

Age (optional):

1. On a scale of 1–10, how would you rate your current mindset?

2. What's the biggest challenge you face when it comes to self-esteem or mindset?

3. What thoughts tend to pop up most often when you're feeling stuck or stressed?

4. If you could rewrite your inner 'soundtrack,' what would you want it to say?

5. What areas of your life do you most want to see change right now?

6. What's one goal or dream you'd love to achieve in the next 3–6 months?

7. What would success in this journey look and feel like for you?

8. Have you tried mindset work, coaching, or self-help tools before? What worked or didn't?

9. What excites you most about starting The Mindset Makeover with me?

10. Lastly—describe yourself in 3 fun words. ■