**CLIENT PRE-SERIES QUESTIONNAIRE**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_**

The nature and objective of NISA Bodywork is to create change. Physical changes will occur within each session. In order for you to maximize and maintain these physical changes, shifts in emotional, spiritual or behavioral patterns may need to occur.

To enhance this process, it is helpful to state some goals initially and then to keep them in awareness by briefly recording your progress. This questionnaire and the record sheet are designed to assist you, not to constrain you.

* Why do you want to experience NISA
* What is the best thing that could happen to you as a result of your experience with NISA?
* What is the most pleasing aspect of your life now?
* What is the most unsatisfactory part of your life?
* What were some of the activities related to sports or exercise you did as a younger person?
* What activities do you participate in now?
* What do the terms “personal growth” and “self-integration” mean to you?
* What are your short-term goals for your life?
* What are your long-term goals?
* How can NISA help you achieve these?
* What is standing in the way of you reaching your goals?
* Other thoughts?