

In order for us to support you at the highest level possible during the Four Season Retreats please fill in the following form and e-mail it to us. The Four Season retreats are intensive personal development experiences which can help you explore and understand your inner reaction to the world around you

The four Season Retreats are limited to eight participants and are held at My Heart's Desire farm in Pittsburgh Pennsylvania. Your Life investment is \$2,737.00. This price includes lodging, food, bodywork and daily experiential work (For more information see the Four Season Retreat section). Once we receive your questionnaire we will contact you for a consultation.

Much love,

Dr Kath

Please rate your level of satisfaction with the following areas of your life.

Family

1—2—3—4—5—6—7—8—9--10

Ethics

1—2—3—4—5—6—7—8—9—10

Finances

1—2—3—4—5—6—7—8—9—10

Health

1—2—3—4—5—6—7—8—9—10

Home

1—2—3—4—5—6—7—8—9--10

Career

1—2—3—4—5—6—7—8—9--10

Education

1—2—3—4—5—6—7—8—9--10

Recreation

1—2—3—4—5—6—7—8—9--10

Spiritual

1—2—3—4—5—6—7—8—9—10

Have you done Personal Development Work in the past?

If so what type?

What are your biggest challenges in your day-to-day life?

What are your expectations at The Four Season Retreats?

What would be your greatest win during the retreats?

List three other areas of opportunity for you to shift in your life.

- 1.
- 2.
- 3.

What might it cost you in life energy and personal happiness if you do not clean up or enhance these areas of your life?

What is your greatest obstacle to change?

Looking over a typical day at THE FOUR SEASON RETREATS, (<http://www.sistersupport.com/farmretreats.php>) what if anything, do you feel would be your greatest challenge and why?

Have you ever been on medication for emotional/psychological support?

Are you currently taking medication for any medical condition?

If so what is the medication and for what condition is it taken?

Are you now or have you ever been in psychotherapy?