



InspireMe360 Participant Onboarding Questionnaire

To be completed after deposit is received. Your answers are confidential and help us hold space for your healing.

Section 1: Wellness & Medical

1. Do you have any dietary restrictions, food allergies, or sensitivities?

■ None ■ Vegetarian ■ Vegan ■ Gluten-Free ■ Dairy-Free ■ Allergies (please list): _____

2. Do you have any known medical conditions we should be aware of?

3. Do you have any physical limitations, mobility challenges, or disabilities?

4. Do you take any medications or supplements on a regular basis?

■ No ■ Yes (please list): _____

5. Do you have any sensory sensitivities (e.g., sound, light, texture)?

6. Do you have any chronic pain or past injuries?

Section 2: Emotional & Mental Health

7. Have you ever been diagnosed with any mental health condition?

■ No ■ Yes – Please explain (optional): _____

8. Do you experience any of the following?

■ Anxiety ■ Depression ■ Panic attacks ■ PTSD ■ Social anxiety ■ Mood swings ■ None

9. Are there any emotional triggers or sensitivities we should know about?

10. Have you experienced significant trauma or loss? (Optional)

11. Are you currently in therapy or working with a coach or counselor?

■ No ■ Yes – Optional details: _____



Section 3: Life Vision, Purpose & Blockages

12. What motivated you to join this retreat? What are you hoping to release or transfo

13. What would true healing look like for you right n

14. Do you feel connected to a sense of purpose? If not, w

15. Where do you feel most blocked in li

☐ Love ☐ Career ☐ Creativity ☐ Health ☐ Confidence ☐ Spirituality

16. Are you currently navigating a major life transiti

☐ No ☐ Yes – Describe if you'd like: _____

17. Do you feel emotionally safe connecting with others in group settin

☐ Yes ☐ No ☐ Sometimes – Explain if needed: _____

18. Are you currently in a romantic relationsh

☐ No ☐ Yes

Would you like support around: ☐ Healing ☐ Calling in love ☐ Deepening intimacy ☐ Releasing patterns



Section 4: Lifestyle, Creativity & Joy

19. What are your passions or creative outle

20. What is your current career or calli

21. What brings you j

22. What makes you feel safe and nurtur

23. Do you have any spiritual or cultural practices we should hon

24. Are you comfortable being photographed during the retre

■ Yes ■ No

25. Is there anything else you'd like to share with us about you, your needs, or your intentions for t
experience?

Everything you share is received with love and respect. Your courage to be here is already healing. We're honored to walk this path with you.