

TRUE NORTH TOTAL WELLNESS

True North Session — Member Intake

Before we sit together, I'd love to understand your world. This intake is your first act of tending — take your time with it, answer honestly, and know that nothing you share is too much or too little. There are no right answers here, only true ones.

A FEW BASICS

Your name

Preferred name or nickname

Best way to reach you (email, text, voice note)

How did you hear about TNTW?

How long have you been a Portal member?

SECTION 1 — THE ARRIVAL

These questions are about right now — not your history, not your goals. Just what's true today.

What made this feel like the right moment to reach out?

There's no wrong answer — a felt sense, a conversation, a quiet knowing all count.

How would you describe where you are right now — in a few honest words?

Not where you want to be or where you think you should be. Where you actually are.

What are you hoping shifts for you after this session?

This can be concrete (a protocol, a plan) or felt (more ease, more clarity). Both are welcome.

SECTION 2 — YOUR LIFE AS IT ACTUALLY IS

A wellness map that doesn't fit your life won't get used. Help me understand your real rhythms.

Walk me through a typical day — from when you wake to when you sleep.

Include work, caregiving, meals, movement, anything that takes up consistent space in your day.

Do you have time in your day that is genuinely yours?

Not scrolling, not caretaking, not recovering from something. Actual space.

Yes, consistently

Sometimes

Rarely

Honestly, no

If yes — when, and how long?

What does your sleep look like right now?

Consistent and restorative

I fall asleep easily but wake up

Hard to fall asleep

I don't sleep enough

It varies a lot

Who else shares your life or home?

Partner, children, elderly parents, roommates — anyone whose needs shape your daily rhythms.

How would you describe your overall energy load right now?

Not just physical — emotional, relational, professional.

- Depleted
- Running on fumes but managing
- Stable but stretched
- Relatively resourced

SECTION 3 — WHERE YOU FEEL IT

This section helps me understand where in your body, energy, or life the friction is living.

Where in your life or body are you feeling the most friction, depletion, or disconnection right now?

You might name a physical symptom, an emotional pattern, a relationship, a part of yourself you've lost touch with — all are welcome.

Which of the Five Pillars feels most activated or in need of attention for you right now?

Select all that resonate.

- Physical body & nourishment
- Energy & nervous system
- Emotional & mental wellbeing
- Spiritual connection & purpose
- Community & relationship
- I'm not sure yet

Is there a pattern you keep returning to — something that keeps showing up no matter what you try?

Stress responses, relational dynamics, physical symptoms, self-sabotage — anything that feels like it keeps circling back.

SECTION 4 — WHAT YOU'VE ALREADY TRIED

This helps me understand your landscape — what's been attempted, what's landed, what hasn't.

What have you already tried — practices, modalities, protocols, support systems?

Therapy, herbs, yoga, medication, coaching, journaling — anything counts.

What has helped, even a little?

What hasn't worked — or what have you tried and abandoned?

And if you know why, tell me that too.

Is there anything you know you won't do — even if it's good for you?

Be honest. A wellness map that requires things you'll never actually do isn't a map — it's a source of guilt.

SECTION 5 — THE PHYSICAL LAYER

This section provides context for your session and any herbal or practice recommendations. Please share as much as feels relevant.

Is there anything physical — symptoms, patterns, or recurring conditions — you'd like me to be aware of as I prepare?

You don't need to have a diagnosis. Patterns, sensations, and 'I've always struggled with...' are all useful.

Are you currently taking any prescription medications, OTC supplements, or working with a healthcare provider on a specific condition?

This helps me ensure any herbal recommendations are appropriate and complementary to your current care.

Are there any herbs, foods, or supplements you know you react to, or that haven't agreed with you in the past?

How do you prefer to take herbs or wellness support? (Select all that apply)

- Tea / infusions
- Tinctures
- Capsules / powder
- Food as medicine
- Topical / bath
- I'm open to anything
- I'm new to herbs

ONE LAST THING

Is there anything else you want me to know before we sit together — something that didn't fit anywhere above, or something you just need to say?

A note on scope: The True North Session is educational and wellness-oriented in nature. Ronda Thornton is not a licensed physician, and this session does not constitute medical advice, diagnosis, or treatment. If any of what you share suggests something that warrants medical evaluation, Ronda will tell you directly. Please continue working with your healthcare provider for any diagnosed conditions.

Thank you for taking the time to arrive here. I'll see you at the threshold.

— Ronda