



Thank you for your interest in Fire Sisters!

Please complete this application and return it to me via email at [Shannon@insightfulfirefighter.com](mailto:Shannon@insightfulfirefighter.com)

The purpose of the application is simply to see if we are a good fit. Fire Sisters is about being real. We all have our strengths and weaknesses. Including me. So, please don't think this is a test to score high on! It isn't. Just be you!

I review each application and will get back to you, usually within 24 hours.

Please rate yourself in the following areas of your life on a scale of 1 (lowest) to 10 (highest):

Source: This tool is based on proprietary concepts from High Performance Institute's Certified High Performance Coach Program™. Do not duplicate or distribute without permission.

**Clarity:**

Do you feel you are clear about who you are, your purpose, and the direction you want to go in life?

1 2 3 4 5 6 7 8 9 10

**Energy:**

Do you consistently have enough mental and physical energy needed to excel, accomplish your goals, and feel motivated and happy?

1 2 3 4 5 6 7 8 9 10

**Courage:**

Do you take action and consistently express who you truly are and what you truly think, need, and desire with the world?

1 2 3 4 5 6 7 8 9 10

**Productivity:**

Are you consistently focused and effective, and are you good at minimizing distractions and maintaining priorities?

1 2 3 4 5 6 7 8 9 10

**Influence:**

Do you feel you have the social influence with your family, friends, and team needed to accomplish your goals?

1 2 3 4 5 6 7 8 9 10



1. What do you do for a living, and why did you choose that career?
2. What are your top 3 goals you are striving to achieve right now?
3. What major stressors or challenges are you struggling with right now?
4. When you feel like your most successful and happy self, what makes you feel that way?
5. What would your dream life look like if you could wave a wand and make it happen?



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**Be. You. Optimally.**

10. What negative recurring thoughts, fears, or behaviors would you like to overcome in order to feel more psychologically free, confident and successful?

11. What eating, exercise or general health habits would you like to begin or break in order to feel stronger and more healthy physiologically?

12. What distracts you the most from being more productive, and what major projects or missions are you struggling to complete faster or more efficiently?

13. If you were more persuasive or influential, what dream or desire would you ask others to support you in achieving?

14. When do you struggle to be fully present in your day or in any of your relationships?

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15. How purposeful do you feel in living each day, and how would you describe your purpose?

16. Why would you like to work with a High Performance Coach?

17. Share with me why you think you would be a great coaching client, if we worked together?