



Thursday, January 11, 2024

New Client Form

| | |
|--|---|
| Full Name | Hannah Morcombe |
| Date of Birth | 26061999 |
| What is your gender? | <input type="button" value="Female"/> |
| Contact Number | 0421 997 995 |
| Email Address | hello@innerglowguide.com.au |
| Address | 3 Carr st South perth, Western Australia, 6151 |
| Occupation | Yoga Teacher/ Business Owner |
| Relationship Status | <input type="button" value="Single"/> |
| Are you pregnant? | <input type="button" value="No"/> |
| Number of Children | 0 |
| Emergency Contact & Number | Kay Morcombe 0438132623 |
| Are you currently receiving any other therapies or medical treatment? | <input type="button" value="Yes"/> |

Please list them.

occasionally get holistic chiro adjustments & my chiro does NET (neuro-emotional technique) which is a similar to kinesiology (but they go for max 20 mins), also quite rare I get them done at the moment.

Physical Profile

| | |
|--|------------------------------------|
| Have you had any major surgeries / accidents? | <input type="button" value="No"/> |
| Are you currently taking any medication? | <input type="button" value="Yes"/> |
| Please list them. | |
| iron supplements, vitamin D | |
| Are you in any physical pain? | <input type="button" value="No"/> |

Check the conditions that apply to you:

Psychiatric disorder

Please provide further information

have been diagnosed with generalised anxiety disorder (when I was 16, but now I don't identify with having it, rather that I experience anxiety from time to time) and ADHD clinically diagnosed as of 2023.

Do you have any medication allergies?

No

How often do you consume alcohol?

Monthly

How often do you smoke?

Occasionally

Do you use any kind of illegal drugs or have you ever used them?

Yes

What kind of drugs? How long have you used/been using them?

have had weed in the past every once in a while (like every few weeks) for the past year/year and a half...but decided as of 01/01/24 that I just get anxious from it and it's not worth it, so I'm not having it anymore.

Nutrition Profile

Are you taking any Vitamins or Supplements?

Yes

Please list them

iron & vitamin d

How is your diet? Are you allergic to any foods or drinks? If so, what and what happens?

pescetarian since 2020, vegetarian since 2015. Recently started eating chicken again occasionally. Most wholefoods diet, 80/20 principle. I try to incorporate more protein, I notice I get bloating from fibre rich foods. When I went to Endeavour college of natural health I was told that I'm a kapha/vata dosha type, and that I'd benefit from less raw veggies and more cooked foods to ease digestion and mood.

How much water do you drink per day? in Litres

definitely 2L or more

How often do you exercise and how do you exercise?

per week: 2 heavy lifting weight sessions, 1 reformer pilates session, 2 x morning walks, yoga flow when I can fit it in.

Sleep & Energy Levels

How many hours sleep do you average per night?

7-8

Do you wake during the night?

No

How would you rate your stress levels in relation to work?

6 / 10

How would you rate your stress levels in relation to finances? 8 / 10

How would you rate your stress levels in relation to home / living situation? 4 / 10

How would you rate your stress levels in relation to personal relationships? 4 / 10

How would you rate your energy levels? 6 / 10

Health Goals

What are you wanting to work on / achieve with your sessions with Aligned with Grace and how will you know when you've achieved them?

I would like to work on my energy and concentration levels when it comes to getting things done for my business. to help release limiting beliefs and fear driven actions. to let go of procrastination habits. I would like to feel accomplished and remain energised to keep going after I've finished one task instead of having a short burst of energy and then feeling like I can't go on bc of brain fog/fear/low energy.

Why is this important to you?

I feel like I have so much potential and I truly believe that I can work through this. I've always been told from therapists, energy healers I've been to in the past that I am my biggest roadblock. I want to fulfil my life's purpose in creating a successful business that helps others whilst also sustaining myself.

What is stopping you from achieving this goal?

Myself lmao! Last energy healer I went to said it's like when I have roadblocks in front of me, I can step over them, but it's like my mind is putting barnacles on them making them a lot harder than they actually are, and it resonated so deeply with me. Not sure if it's an adhd thing but sometimes I can do something so easily and nail it, and other times it's the same task but it takes me a million years to do. procrastination is something I've been struggling with for a long time. I tend to 'freeze' in moments of overthinking/overwhelm.

Accepted

Signature

