



Application for Coaching Support

Command Your Calm™: The Back to You Experience

Thank you for your interest in Command Your Calm™: The Back to You Experience.

This application helps me understand where you are, what you are carrying, and whether this experience is the right next step for you.

This is not about proving you are “ready enough.”

It is about noticing whether you are tired of surviving on autopilot and ready to restore your energy, clarity, boundaries, and inner authority.

Please answer honestly. Your responses are confidential.

A note from Coach D

You do not have to keep carrying everything alone. This application is a first, honest pause. Take your power back - one clear answer, one small decision, one reset at a time.

Section 1: Basic Information

Full Name:

Email Address:

Phone Number:

WhatsApp Number, if different:

Best way to contact you:

Email

Phone

WhatsApp

Text message

City/Country:

Section 2: Where You Are Right Now

Which best describes you right now?

- I feel emotionally exhausted.
- I feel like I have lost myself.
- I am functioning, but I feel disconnected.
- I am tired of overgiving and overthinking.
- I am struggling with boundaries.
- I am burned out but still pushing through.
- I feel stuck and need support getting back to myself.
- Other:

What feels like too much right now?

What have you been carrying that may not be yours to carry?

Where do you notice pressure, tension, or exhaustion in your body?

What thought keeps repeating in your mind?

What is one small way you know you need to come back to yourself?

Section 3: Patterns You Want to Change

Which patterns are you ready to interrupt? Select all that apply.

- Saying yes when I want to say no
- Overthinking decisions
- Feeling responsible for everyone else
- Avoiding conflict
- Second-guessing myself
- Feeling guilty when I rest
- Working while depleted
- Feeling invisible or unappreciated
- Losing my calm under pressure
- Feeling disconnected from joy, vitality, or purpose
- Other:

How long have you been feeling this way?

- Less than 3 months
- 3-6 months
- 6-12 months
- 1-2 years
- More than 2 years
- I am not sure

What have you already tried to feel better or regain control?

What has helped, even a little?

What has not worked?

Section 4: Your Desired Outcome

If this experience worked beautifully for you, what would be different 8-12 weeks from now?

What would “coming back to yourself” look like in your daily life?

What would you like to feel more of? Select all that apply.

- Calm
- Clarity
- Confidence
- Energy
- Peace
- Boundaries
- Self-trust
- Joy
- Focus
- Emotional control
- Inner power

Other:

What are you no longer willing to keep tolerating?

Section 5: Readiness and Commitment

Why is now the right time for you to make this change?

Are you willing to participate in weekly coaching, reflection work, and practical reset exercises?

- Yes No I need more information

How ready are you to invest time, energy, and attention into restoring yourself?

- Very ready Somewhat ready
 Curious, but unsure Not ready yet

What kind of support do you believe you need most right now?

- | | |
|---|--|
| <input type="checkbox"/> Structure | <input type="checkbox"/> Accountability |
| <input type="checkbox"/> Emotional support | <input type="checkbox"/> Mindset tools |
| <input type="checkbox"/> Boundary support | <input type="checkbox"/> Clarity and direction |
| <input type="checkbox"/> Nervous system reset | <input type="checkbox"/> A safe space to be honest |

Other:

Section 6: Program Fit

Which option are you most interested in?

- Group coaching experience
- Private coaching/intensive
- Self-paced course with support
- Not sure yet

Are you interested in learning more about payment options?

- Yes
- No
- I need to know the investment first

If accepted, how soon would you like to begin?

- Immediately
- Within 2 weeks
- Within 30 days
- I am exploring for later

Section 7: Final Reflection

What do you want Coach D to know about you before your application is reviewed?

Agreement

Please check each statement before submitting your application.

- I understand this application does not guarantee enrollment.
- I understand this program is coaching and education, not therapy or medical treatment.
- I understand that if I am a good fit, I may be invited to schedule a consultation or enrollment call.

Thank you for applying

Your responses will help determine whether Command Your Calm™: The Back to You Experience is the right next step for you. If it is aligned, you may be invited to schedule a consultation or receive enrollment details.

Submit My Application

Save the completed PDF and email it to coach@justaskdr.com, or upload it through your application portal.