



THE INVISIBLE WOMAN

JUDYTHE BARRET-CROXFORD

FROM INVISIBLE TO VISIBLE

Date: : _____

CLIENT PROFILE

Name: _____

Company: _____

Occupation: _____ Nature of Business | Position: _____

Address: _____

City: _____ State: _____ Postcode: _____

Mobile Number: _____ Email: _____

Date of Birth: _____ Referred by: _____

Client Signature: _____

PROBLEMS | CONCERNS | BLOCKS | What is in your way?

Primary Attachments

1. _____
2. _____
3. _____

Lightening Rod Attraction | What kind of problems and crises do you keep attracting?

1. _____
2. _____
3. _____

Recurring Behaviour Patterns | Bad Habits | Blocks to Success

What do you keep doing that limits your success?

1. _____
2. _____
3. _____



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STORIES

What stories do you tell yourself and others?

Where do you cause problems or sabotage yourself?

1. _____
2. _____
3. _____

10 Daily Habits

Clients who take great care of themselves are able to achieve more with less cost. Make a list of the 10 daily habits that will keep you well. Focus on wellbeing habits.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Extensive Boundaries | What can't people do to you or with you, any longer?

1. _____
2. _____
3. _____

High Personal Standards

What high standards are you now willing to hold yourself to, consistently?

1. _____
2. _____
3. _____



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Personal Needs

1. _____
2. _____
3. _____
4. _____

Core Values

1. _____
2. _____
3. _____
4. _____

Lighten Up! | Most of us have a couple of extra Commitments, Promises or Projects that we'd do well to suspend for six months to give us the freedom and space to have the current ones be effortless and more enjoyable

1. _____
2. _____
3. _____

Business Goals

1. _____
2. _____
3. _____



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RESOURCES AND ASSETS | What do you see as the best you?

Personal & Professional Strengths | Evaluate your strengths and list your Top 5

1. _____
2. _____
3. _____
4. _____
5. _____

Most Significant Personal | Professional Accomplishments

What are you most pleased and proud of having accomplished?

1. _____
2. _____
3. _____
4. _____
5. _____

Personal | Professional Assets

Who do you know? | What do you know? | What gifts do you have?

What makes you unique and powerful?

1. _____
2. _____
3. _____
4. _____
5. _____



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Personal Goals | Includes a list of popular goals to help you

Health | Wellbeing

1. _____
2. _____

Reduce Stress | Begin Exercising | More Vim and Vigour | Reduce Sugar/Fats | Look Better
Handle Body Problem | Reduce Alcohol/Nicotine | Lose Weight | Sleep Better | Take Responsibility

Career | Business

1. _____
2. _____

Upgrade Profession | Get a Raise/Promotion | Start own Business | Find a New Career
Get a Job/Better Job | Be more Productive | Reduce Stress on the Job | Job Training
Design a Career Track | Do a Better Job

Relationships | Family

1. _____
2. _____

Get one/find Mr(s) right! | Get over/complete | Redesign to get needs met | Attract Better People
Socialise More | Get Closer to Family | Get closer to Spouse | Feel more Loved

Special

1. _____
2. _____

Have a lot more Fun | Get some Hope | Become more Patient | Discover Core Values
Special Project | Sexual Concern | Grow the heck up | Wake the heck up | Meditation
Design Vision/Purpose | Become more Responsible | Be Listened to Fully | Clean up Something
Handle all Needs | Start on Spiritual Path | Learn Distinctions | Begin path of Recovery
Make Big Life Changes | Be Mentored | Release Creative Juices



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Personal Goals

Transition

1. _____
2. _____

Divorce Recovery | Retirement Planning | 1-5 year Personal Life Plan | Recovery from Trauma
Loss of Loved One | Medical Challenge | New Job | Received Large Monies
Lost Something Big/Failure | Big Opportunity

Personal Development | New Skills

1. _____
2. _____

Fun | Pleasure

1. _____
2. _____

Money | Financial

1. _____
2. _____

Face a Money Problem | Start Saving | Buy a Home | Build \$\$ Reserve | Set Up/Follow a Budget
Stop Overspending | Learn about Money | Pay off Debts/Credit Card | Pre/Post Retirement
Lifetime Money Plan | Review Insurance | Earn More/Make More | Begin Investing
Design Financial Independent Plan



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LIFE SKILLS AND COMMUNICATION SKILLS

A list of popular skills to master

Personal Skills

Take Risks | Prioritise Opportunities | Stay Focused | Being Heard vs Talking
Languaging Feelings | Speaking Straight | Saying No

Self-Management Skills

Be on Time | Keep One's Word | Get Needs Met | Under Promise/Over Deliver
Protect Oneself | Develop Strong Routine | Ask for what you need | Stop Tolerating
Stop Suffering | Love Oneself

Fulfilment Skills

Integrate all of one's life | Discover Purpose | Surrounded by love | Build a Reserve
Find Spiritual Path | Design Personal Mission | Discover Source/Higher Power
Include, hold it all | Knowing Oneself | Create a Legacy

Listening Skills

Listen, Adding Nothing | Hear behind the Words | Caring | Read Body Language
Discern who person is | Discerning the truth | Get the person | Empowering silence
Get to the Source of Problem | Immediate Sensing

Being Skills

Sticking by Requirements | Know what you want | Effortlessness | Gratitude | Grace
Surrender to Self | Be with Anyone | Feel Self/Others | Ability to Inquire | Courage | Integration
Including it all

Contributing Skills

Empathy | Compassion | Give vs Hook Help | Able to Receive | Invest in a Person | Able to Give Love



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LIFE PURPOSE | BUSINESS MISSION | LEGACY | What is most important to you?

Life Purpose | What do you want for yourself and for life, personally?

What is truly most important to you?

Business Mission | What do you want, professionally, for your clients and others?

Why do you do what you do? | What do you offer that is unique and/or excites you?

Legacy | What do you want to leave for others after you are gone? | Be Specific



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Current Challenges

What are you facing right now which needs immediate focus or resolution?

Personal Shift

The program helps you shift your perspective and “where you come from in life” to one that really empowers you and lets you accomplish with ease.

What kind of shift are you now wanting?

What Else Do You Want Us to Know? | Any Concerns? | Fears? | Past Problems?

Thank You

Please return a copy of this profile to judythe@invisiblewoman.com.au
Please put the original in a file folder labelled Program and bring with you to Retreat.