



Bev Barnes
Soul's Calling® Academy
Guide. Heal. Teach. Lead.

How to Use This Form

Please do not fill out this original document.

To complete your Soul's Calling Discovery Form, follow these steps:

1. Click **File > Make a copy**
2. Save the form to your own Google Drive
3. Fill in your responses directly on your copy
4. When you're done, share your completed form with me at
bev@soulscallingacademy.com

Thank you! I'm looking forward to reading your reflections and beginning our journey together.

Soul's Calling Discovery Form

This Soul's Calling Discovery Form is your space to begin reflecting on who you are now, what's calling you forward, and what you long to create in this next chapter. It's not about having perfect answers—it's about tuning into the deeper wisdom already within you.

Your responses will help me get to know you, understand where you're beginning from, and get clearer about where you want to go. Please answer the following questions thoroughly. I will read each of your answers and use this information in my work with you.

Name:

Website:

Age:

Date of birth:

Marital status:

Children and ages:

Mailing address, city/province or state/ country:

Phone number for text messages:

Email address:

Are you on Whatsapp?

Education:

Professional Background:

Are you being treated by a psychologist, psychiatrist or by another mental health professional or have you been in the past? If yes, please describe.

Are you currently taking medication prescribed for your mental health?

1. Bullet-point your life story below. Start from your birth and end at the present day. Please use only this one page. Bullet point your life in seven-year periods: 0-7yrs, 7-14yrs, 14-21yrs, 21-28yrs, 28- 35yrs, and so on. List your defining moments that you remember in each 7-year period.

2. Where are you now – in your business or passion project creation?
3. Where are you hiding, fitting in or not completely showing up in your life/business?
Why?
4. What is the problem or problems that you have been struggling with?
5. What have you tried to do already to resolve this? What works? What doesn't?
6. Is your work purpose aligned or purpose adjacent? Describe.
7. What do you love about your current work/business?
8. What don't you love about your work or business? Where do you feel underutilized or overwhelmed?
9. What do you truly believe is holding you back?

10. What would be possible for you if you overcame this challenge?
11. What do you dream of creating?
12. What do you think you were born do?
13. What is the most important thing I should know about you now?
14. Please complete the Sparketype Assessment and list your Primary, Shadow and Anti Sparketype below in that order. Complete the Sparketype Assessment here:
<https://sparketype.com/>

Thank you so much!