



## Coming Home to You — Application Form

Facilitated by Shelly • Lyashi Healing

*Coming Home to You* is a year-long programme designed for individuals ready to deepen their self-awareness, emotional intelligence, and personal healing. This is not a training course or certification. It is a transformational journey of reconnecting with your authentic self — rooted in self-love, self-respect, and inner alignment. Please complete this application with honesty and reflection so we can ensure this journey supports where you are and where you wish to go.

### Personal Information

Full Name:

Email Address:

Phone Number:

Location / Time Zone:

### Background

What inspired you to apply for Coming Home to You?

What forms of self-development or healing have you explored so far?

How would you describe your current level of self-awareness?

How do you currently support your emotional and mental wellbeing?

### Commitment & Readiness

This programme requires a minimum of daily time devoted to self-healing practices (Reiki, meditation, journaling, reflection). Are you able to commit to this?

What challenges might affect your ability to stay consistent, and how could you support yourself through them?

How comfortable are you with emotional vulnerability and self-reflection?

This programme is not a qualification or training. How do you feel about that?

## Self-Awareness & Emotional Intelligence

How do you tend to respond in moments of emotional challenge or discomfort?

Can you share an example of how you've recently shown yourself self-compassion?

What personal themes, beliefs, or patterns are you currently becoming aware of?

## Intention

What do you hope to gain or transform through this year-long journey?

What does the phrase "coming home to yourself" mean to you?

Is there anything else you would like me to know about you, your readiness, or your intentions?

## Agreement

- I understand this is not a certification or professional training.
- I am committed to my own healing and personal development.
- I will dedicate daily time to my healing practice.
- I will engage with openness, honesty, and compassion.

*May this journey bring you home to your heart.*

Digital Signature:

Date: