

The Application

for One-on-One Coaching with Rita

A detailed application is required.

The application itself is part of the process. It helps you clarify where you are—and helps me determine whether this coaching will truly support you at this stage.

If you are ready to engage thoughtfully and would value a steady, experienced guide beside you, I invite you to apply below.

One-on-One Coaching Application

Downsizing, decluttering, and letting go with clarity, confidence, and compassion

Section 1: Basic Information

Full Name:

Email Address:

Location (City, State/Province, Country):

Age Range:

- 50–54
- 55–59
- 60–64
- 65–70
- 70 and above

Section 2: Where You Are Now

1. What best describes your current situation?

(Check all that apply)

- Preparing to downsize or move within the next 6–12 months
- Recently moved and feeling overwhelmed
- Decluttering a long-time home
- Letting go after a major life transition
(empty nest, divorce, loss, retirement)
- Feeling stuck despite trying to declutter
- Other (please share): _____

2. How long have you been seriously thinking about downsizing or decluttering?

- Less than 3 months
- 3–6 months
- 6–12 months
- Over a year

Section 3: The Real Struggle

What feels hardest right now about letting go? Please explain...

(For example: emotional attachment, family expectations, fear of regret, exhaustion, decision fatigue, not knowing where to begin, doing it alone, or something else.)

What have you already tried, if anything, to move forward?

When you imagine your home—and your life—feeling lighter, what do you hope would change for you?

Section 4: Readiness and Responsibility

On a scale of 1–10, how ready are you to take thoughtful, consistent action over the next 30–60 days?

1 = Not ready

10 = Fully committed

Your number: ____

What does support look like for you right now?

(Check all that apply)

- Accountability and follow-through
- Help making difficult decisions
- Emotional reassurance and perspective
- A calm, experienced guide
- Structure and pacing
- Someone who understands the emotional side, not just the stuff

Section 5: Coaching Fit and Expectations

One-on-one coaching with Rita is intentional, reflective, and focused on lasting change—not quick decluttering fixes.

Why does this type of support feel right for you now?

Are you willing to reflect, complete small between-session exercises, and be honest about what's working and what isn't?

- Yes
- Mostly
- Not sure

Section 6: Practical Considerations

If accepted, are you able to commit to one of the following?

- Three focused coaching sessions
- Five deeper coaching sessions

Are you prepared to invest in private coaching if this feels like a good fit for you?

- Yes
- I would like to discuss details
- I'm exploring options

Section 7: The Heart Question

Is there anything you'd like me to know about your situation that would help me understand you better?

Thank you for taking the time to complete this application. I personally review each one.

If I feel this coaching would truly serve you, you'll be invited to a brief Zoom conversation to explore next steps. Not all applications are accepted—and that care is intentional.

Some things are meant to be held.

Some things are meant to be honored and released.

This work makes space for both.