**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1. What SCORE out of 10** **(10 being the highest) would you give for how Content you are with your life overall?**

\_\_\_\_\_ / 10

**2. If you were to give a SCORE out of 10(10 being the highest) for how much fun you're having in life:**

\_\_\_\_\_ / 10

**3. If you were to give a SCORE out of 10(10 being the highest) for how happy you are in your current Career/Job/School:**

\_\_\_\_\_ / 10

**4. Give a SCORE out of 10(10 being the highest) for how overwhelmed, busy or stressed you usually feel:**

\_\_\_\_\_ / 10

**5. Deep down, I like myself:**

--5 0 +5 ***(place an X on the line to
 correspond with how much you like yourself on a scale of -5 to +5)***

**6. What is your most meaningful thing in life now? (like best)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7. What could be improved in your life now? (like least)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8. What are you looking for:** (*Check all that apply)*

❒ For More Meaning/Purpose in Life

❒ For More Fulfilment/Happiness in Life

❒ For More Ease/Simplicity or Balance in Life

❒ For More Freedom and/or Inner Peace in Life

❒ To Change or Move Forwards in my Career

❒ To Achieve my Goals Faster/More Easily

❒ To Learn to Trust Myself More/Be My Authentic Self

❒ Other *(If there was something you haven’t mentioned yet, what would it be?)* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9. I am ready to take ACTION, and make changes in my environment, habits and life:**

Maybe / Yes / No *(please circle one)*