

Confidential Personal Questionnaire

Name: _____

This questionnaire is for you to focus on specific areas regarding your personal dreams for your life situations.

Instructions: We have listed several possible objectives on the left side of the page (feel free to add your own). In the right hand column, please mark the corresponding number which best represents the importance that objective has in your life.

In the last column, fill in what percentage (0-100%) you are experiencing in your life *now!*

Example: Clear personal goals	0	1	2	3	4	5	_____	50	%
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IMPORTANCE
-Low- -High-

0 1 2 3 4 5 0-100%

SELF OBJECTIVES

Clear goals for myself	0	1	2	3	4	5	_____	%
Organized records, paperwork and files	0	1	2	3	4	5	_____	%
Ability to make decisions easily	0	1	2	3	4	5	_____	%
Free from compulsions	0	1	2	3	4	5	_____	%
Keep your word with others	0	1	2	3	4	5	_____	%
Free from worry	0	1	2	3	4	5	_____	%
Free from stress	0	1	2	3	4	5	_____	%
Feel complete and satisfied	0	1	2	3	4	5	_____	%
Being on time	0	1	2	3	4	5	_____	%
Mental well being / peace	0	1	2	3	4	5	_____	%
Spiritual well being / fulfillment	0	1	2	3	4	5	_____	%
Ability to experience change easily	0	1	2	3	4	5	_____	%
Ability to see solutions	0	1	2	3	4	5	_____	%
Other _____	0	1	2	3	4	5	_____	%

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BODY OBJECTIVES

Desired appearance	0	1	2	3	4	5	_____	%
Sufficient energy / vitality	0	1	2	3	4	5	_____	%
Overall healthy body	0	1	2	3	4	5	_____	%
Have healthy nutritional habits	0	1	2	3	4	5	_____	%
Exercise program meets body's objectives	0	1	2	3	4	5	_____	%
Personal body grooming	0	1	2	3	4	5	_____	%
Improving any body problems / pain	0	1	2	3	4	5	_____	%
Other _____	0	1	2	3	4	5	_____	%

ENVIRONMENT OBJECTIVES

Ideal home / living space	0	1	2	3	4	5	_____	%
Clean and organized home	0	1	2	3	4	5	_____	%
Ideal transportation	0	1	2	3	4	5	_____	%
Well maintained automobile	0	1	2	3	4	5	_____	%
Other _____	0	1	2	3	4	5	_____	%

RELATIONSHIP OBJECTIVES

Satisfying relationship with life partner	0	1	2	3	4	5	_____	%
Satisfying relationships with family	0	1	2	3	4	5	_____	%
Satisfying relationships with friends	0	1	2	3	4	5	_____	%
Satisfying relationships with colleagues	0	1	2	3	4	5	_____	%
Quality time with loved ones	0	1	2	3	4	5	_____	%
Communicate easily with loved ones	0	1	2	3	4	5	_____	%
Community involvement / service	0	1	2	3	4	5	_____	%

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RECREATION OBJECTIVES

Fulfilling leisure-time activities	0	1	2	3	4	5	_____	%
Having fun regularly	0	1	2	3	4	5	_____	%
Freedom to take time off work	0	1	2	3	4	5	_____	%
Take vacations without going into debt	0	1	2	3	4	5	_____	%

FINANCE OBJECTIVES

Managing financial responsibilities	0	1	2	3	4	5	_____	%
Having organized finances	0	1	2	3	4	5	_____	%
Saving money	0	1	2	3	4	5	_____	%
Retirement Plan	0	1	2	3	4	5	_____	%
Good personal credit	0	1	2	3	4	5	_____	%

CAREER

Fulfilling work / career	0	1	2	3	4	5	_____	%
Clear goals for work / career	0	1	2	3	4	5	_____	%
Earning enough money	0	1	2	3	4	5	_____	%
Working desired amount of hours	0	1	2	3	4	5	_____	%
Satisfying relationships in my work / career	0	1	2	3	4	5	_____	%
Ability to produce desired results	0	1	2	3	4	5	_____	%
Ideal work space	0	1	2	3	4	5	_____	%
Well organized work space	0	1	2	3	4	5	_____	%
Other _____	0	1	2	3	4	5	_____	%

Which three areas of your life do you feel would be most important for you to develop at this time?

By learning more about these areas, what results or objectives would you want?

What do you think has prevented you from having those results or those qualities in your life?

What are you currently doing to achieve a more desirable life style?

What do you need to have in your life to consider yourself successful?

What do you need to change in your life to achieve that success?

How much time are you prepared to commit to your studies and applications daily in order to achieve what you desire most in life?

Other Comments:
