

## THOUGHT PROVOKING QUESTIONS



What is your life's purpose or mission? (Start with what you are sure of). This is a difficult question. Take whatever time you need to figure "It" out. Get help as necessary.

How do you stay faithful to "It"?

What are you passionate about? What gets your blood pumping or gives you joy?

What are your most important values? Asterisk the one(s) you want to live out more fully. Please see next page for a Values Worksheet. Start by selecting 15 Values, and then narrow selection down to 5 Values. Add others of importance as necessary.

If your life is as good as it gets, please describe it.

If your job is as good as it gets, please describe it.

## Your Values Worksheet

Values	Select 15	Select 10	Select 5
Abundance			
Achievement			
Ambition			
Challenge			
Charity			
Dignity			
Enjoyment			
Equality			
Excellence			
Expertness			
Faith			
Family			
Freedom			
Friendship			
Honesty			
Honor			
Hope			
Humility			
Independence			
Inner Harmony			
Integrity			
Joy			
Justice			
Kindness			
Leadership			
Love			
Loyalty			
Obedience			
Power			
Recognition			
Relationships			
Respect			
Safety			
Security			
Self-worth			
Service			
Simplicity			
Trust			
Truth			
Wealth			
Wholeness			



**YOUR GOALS**

What are the three biggest changes you want to make in your life in the next 3 months?

1.
2.
3.

What are the three biggest changes you want to make in your life over the next 3 years?

1.
2.
3.

What do you want to achieve most? Do you feel ready for “It”?

1.
2.
3.



**Your History:**

What would you say have been your 3 greatest accomplishments to date?  
Brag, be proud, this is not a moment to be humble.

1.
2.
3.

What is the hardest thing(s) in your life that you have had to overcome?  
Don't avoid this one. Own what stopped you?

1.
2.
3.

Have you fully recovered?

--

Who are or have been your major role models?

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Have you worked with a coach before or a similar one-on-one adult relationship (tennis coach, piano teacher, therapist)?

--

If yes, what worked well for you and what did not work in the relationship(s)?

--

Have you ever allowed anyone to really help you especially when you are doing well?

--

Own your successes and your failures.

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What major transitions have you had in the past two years? (Entering or approaching a new decade, a new relationship, a new job, a new role, a new residence, change in children's ages/stages, etc.?) List all of them and be specific. Don't fudge, you really need to acknowledge them.


On a scale of 1 to 10, 10 high, rate the amount of stress in your life today.

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What are your primary stressors?

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List five things that you are tolerating or putting up with in your life at present. (examples: info. you can't find, clutter, rude friends, poor lighting, tight shoes, dented car, job dissatisfaction, dead plants, broken equipments, old appliances, etc.)

1.
2.
3.
4
5.

Please take the following Stress Test Inventory and see how you do.

## Are You Stressed?



Instructions: Check the box if the statement is true. Add up the number of boxes checked. Work to reduce them to 3 or fewer in order to bring your stress level in line.

- 1. My life is completely out of balance – too much work, not enough rest, family and/or play.
- 2. I am impatient with others at least several times a week.
- 3. My finances are a mess both personally and professionally.
- 4. My spouse (or employee) just doesn't understand me.
- 5. Given the effort I'm putting in, my net income is nowhere near high enough.
- 6. If I wasn't here, the place would fall apart within a month.
- 7. I can't seem to attract – or keep – the right staff.
- 8. I'm doing tasks that I do not like or am not very good at.
- 9. I am working more than 10 hours a day.
- 10. I am running faster and harder than I probably should be.



**Improvements:**

List improvements you would like to make in the following areas of your life.

Family/home life:


Financial situation:


Career or Business life:


Personal Character:


Relationships:


Leisure time:


Self-care:


Learning:




**Your Life:**

Who are the key people in your life and what do they provide for you?


Is your life one of your choosing? If not, which parts are being chosen for you?


What is your favorite part of your typical day?


What is your least favorite part of your typical day?


Looking at the past six months of your life, do you like the direction your life is moving in?

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**Yourself:**

List five adjectives that describe you at your best: Your Greatest Strengths.

1.
2.
3.
4.
5.

What adjectives describe who you want to be in your future?

1.
2.
3.
4.
5.

List five adjectives that describe you at your worst: Your Greatest Weaknesses.

1.
2.
3.
4.
5.

What are your 5 major concerns/fears about yourself?

1.
2.
3.
4.
5.

What are your 5 major concerns/fears about life?

1.
2.
3.
4.
5.

**Potential and Possibility:**

Do you have a personal or professional vision? If so, what is it?

What would you like to contribute to the world?

What do you think is NOT possible to achieve in your lifetime that you wish you could?

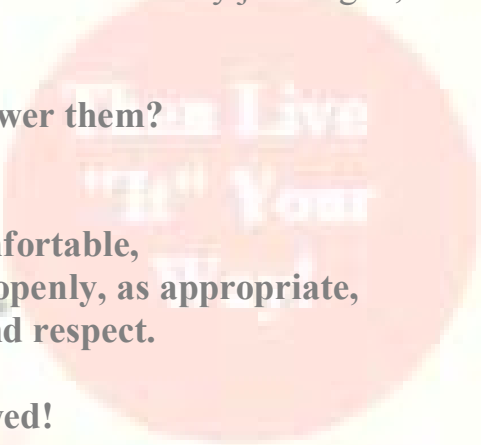
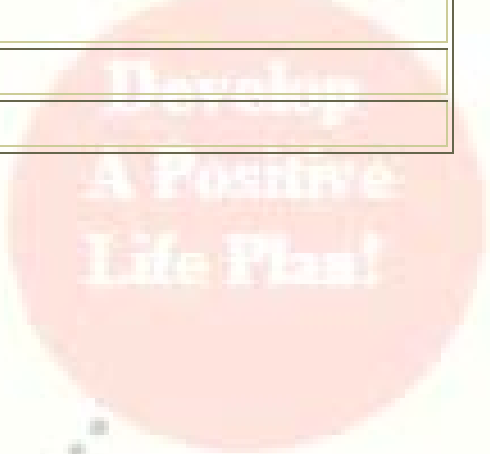
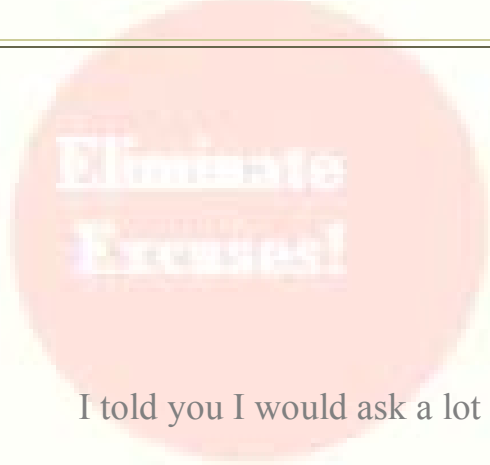
What is a dream or goal you have given up on?

What part of yourself, if any, have you given up on?

On a scale of 1 to 10 with 10 high, rate the quality of your life today.

If you reach the age of 95 and continue to live your life and order your time the way you are right now, what regrets do you think you will

have? (tip: complete the statement “I wish I had...”) Do not include things from the past - only things you will regret if you continue your exact present path.

I told you I would ask a lot of Questions. I have only just begun,

“BuT”

**Have YOU begun to answer them?  
Do your best.**

**As soon as you are comfortable,  
discuss these questions and answers openly, as appropriate,  
with people you trust and respect.**

**No Punting Allowed!**

