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**Discovery Of You**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

These questions are for me to understand more about who you are, what your hopes and dreams are, and your core values and beliefs. The more I can know about you, the more we can delve into the inner wisdom that you have within you!

I hope you will enjoy diving into *who you are* through these questions. These are meant to spark some inner thinking that gets at what drives you in life. Through your answers, I will have a better sense of what invigorates, inspires, frustrates, and fuels you. I encourage you to complete as many questions as possible, but there will be some that do not resonate (and so feel free to skip those!).

And as always, your answers in this document, and all that you share with me, is confidential.

**Who You Are**

~ What events/pieces/parts of your life have most shaped who you are today?

~ What major milestones/transitions have you experienced in the past two years? (i.e. new job, new relationship, health, …)

~ What are some themes in your life that may be limiting you from bringing about what you truly want in your life? (Assumptions about yourself and what’re you’re capable of, recurring thoughts that you don’t want, emotional patterns that come up again and again, etc.)

~ Think about when you have felt most connected to yourself, to a higher source or to the earth... How this time connected to a particular place, event or person?

~ What books resonate with you the most right now and why?

~ Who inspires you? (These can be real people, public figures, people you know, characters from fiction…). Say a bit about why for each.

~ What are your greatest and highest strengths? What do you hear from others that you’re really good at doing?

~ What would you do in your spare time if you had endless energy and inspiration?

~ In what areas of your life do you feel the most “stuck”? Please describe.

~ If you had to describe an image for your life right now, what would it be? (On a boat going from wave to wave, on a fast-moving car careening forward, climbing a tall mountain, etc.)

~ What old patterns seem to come up again and again in your life (a series of unfulfilling relationships, unsatisfactory jobs, disputes with family members, etc.)?

~ What do you yearn for? (What do you see that other people might have that you want (almost like envious of)?

~ Why now? Why not wait? What is fueling this desire in you to do soulful work in your life?

**Where You’re Going**

~ Martin Luther King Jr. talks about trusting ourselves in “taking the first step without seeing the whole staircase.” What’s your sense of where your unknown staircase might be headed?

~ How do you want to FEEL in your life? (write a list, don’t hold back!)

~ If you were really, really, really COURAGEOUS what would your life be like? What would you do if you weren’t afraid? What would you be choosing, saying to do?

~ What’s missing for you in your life? What do you want in your life to help you feel more fulfilled?

~ What fears might exist that are holding you back from getting to where you want to be? What do you tell yourself you “should” be doing?

~ Have you ever felt like the universe (or any higher power, deceased relative, etc.) was trying to give you a message? What was the message or series of messages (if from different places)? What were significant about these messages to you?

~ Imagine your ideal life in a picture. What does this painting/picture/image look like?

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

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

**What You Want From Me**

~ Have you ever taken an online course on life/workplace fulfillment before? If so, what worked and what didn’t?

~ What do you most want to get out of this course?

~ How do you want me to be as your instructor/coach?

~ What can I say when you are most stuck to help re-inspire you?

~ What tips can you give me on how to best work with you?

~ What “hidden” but significant areas about you (that truly affect your self-actualization but that you keep a secret) are important for me to know about ? What are you hoping I DO see and bring out more as part of this process?

~ What else would you like me to know about you?