**INTENSIVE QUESTIONNAIRE**

Name:

Phone:

Email:

Three days and times you could chat for 30 minutes:

Please take your time and put some thought into the following questions. I will use your answers to get a feel for who you are, where you want to go, and what we need to do together. You may also be surprised by some of your own answers. In fact, this questionnaire is the beginning of the Intensive process itself. If done with care, it will help you discover more about yourself and open up to new possibilities. Enjoy and have fun!

Who are the three people who have influenced you most and why?

What are your three strongest beliefs or opinions?

What are three things you can’t live without?

What are three things you’d be willing to give up?

What does happiness mean to you?

What makes you feel excited, positive, joyful, and creative?

What makes you feel negative, listless, down, or depressed?

What is your greatest dream, and how does it make you feel?

What are your three greatest blocks or challenges right now?

What will you have to change in order to realize your dreams?

What is keeping you from making those changes?

What price do you pay for not taking action?

How will you feel when you have become the person you want to be?

Are you ready to do what is necessary to realize your dreams?

On a scale of 1 to 10, how committed are you to being happy?

What are the three most empowering things I can help you accomplish?