

Hello friend,

The questions listed below are intended to give you an assessment of where you are currently in your life, and to get you exploring areas for growth and improvement. Take your time and complete the questions, then I encourage you to contact me and book a Strategy Session to discuss how I can help you moving forward.

To your Success
Ahmed

Question-1:

On a scale of 1-10 (10 high), please rate the quality of your life today in the following areas:

- Health and Well-being
- Finance
- Career
- Relationships
- Fun & Recreation
- Living Space
- Working Space
- Spirituality
- Education/Personal Development

Question-2:

Please define what taking each area of your life (as rated above) to the next level, would look like for you.

Question-3:

In what area of your life do you most want to have a true breakthrough?

Question-4:

What are you tolerating in your life at present? (Examples: clutter, poor lighting, dented car, job dissatisfaction, dead plants, broken equipment; etc.)

Question-5:

Describe your five greatest strengths you bring to your Life, Career and/or Business.

Question-6:

Describe your five biggest challenges or obstacles to having the Life, Career and/or Business that is perfect for you.

Question-7:

What makes you happy?

Question-8:

What causes you stress or makes you CRABBY?

Question-9:

What concerns do you have about life?

Question-10:

If you could put one fear behind you once and for all, what would it be?

Question-11:

Please tell me what **habits** (that you can immediately identify) are stopping you from moving forward.

Question-12:

Please tell me what **beliefs** (that you can immediately identify) are stopping you from moving forward.

Question-13:

When do you feel most confident and least confident as a person?

Question-14:

What five adjectives would you use to describe you at your best?

Question-15:

What five adjectives would you use to describe yourself at your worst?

Question-16:

What five adjectives would else someone use to describe you at your worst?

Question-17:

List three things, concepts or actions that motivate you and three things, concepts or actions that de-motivate you.

Question-18:

If you could obtain a PhD in any topic/subject area, what would it be?

Question-19:

When you visit a bookstore or the library, to which sections/categories do you gravitate?

Question-20:

What would you like to be really good at?

Question-21:

What is your personal/professional vision?

Question-22:

At this moment in time, how would you describe your commitment level to making your life a success?

Question-23:

At this moment in time, how would you describe your general state of well-being, energy and self-care?

Question-24:

Try to remember three times when your health seemed better than usual. What was going on in your life at the time?

Question-25:

At this moment in time, how would you describe how much fun or pleasure you are experiencing in your life?

Question-26:

In what activities do you lose track of time?

Question-27:

What kind of moments brings you joy and fulfillment?

Question-28:

List three things that are always motivating to you:

Question-29:

What has been most meaningful to you in your life?

Question-30:

When you were a child, what did you want to do when you grew up?

What roles attracted you?

Question-31:

If every experience in your life was designed to train you for your destiny, what would you say your entire life has prepared you to do?

Question-32:

What have you done that has been the most successful and beneficial to others?

Question-33:

What relationships or people have influenced your sense of destiny?
How?

Question-34:

What kinds of roles or responsibilities do you enjoy and at which you feel great?

Question-35:

Of all the roles that you have been in, which ones were the best fit and why?

Question-36:

Of all the roles you have been in, which ones have been the worst fit and why?