



YOUR LIFE YOUR WAY ACADEMY

*Fast & Fun Personal Growth
for Long Lasting Fulfillment*



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Example Client Questionnaire (1)

Coaching with the Your Life Your Way Coaching Methodology™ & Personality & Needs Profile®

Woman mid 50's PhD Economist

* If you had to choose between one of these, which would it be: Freedom or Stability. Which ONE do you desire the most? Write either Freedom or Stability in the box below. **Freedom**

* Rate your overall life satisfaction from 1 (low) to 10 (high). **7**

* **USE AT LEAST 30 WORDS:** In what area of your life are you feeling most "stuck", "overwhelmed" or "frustrated"? **I am feeling stuck in the area of social interactions, in the sense that I shy away from situations involving unfamiliar people, dominant people or any setting with more than 20 people. As a consequence, I have noticed that I don't even allow myself to sense or recognize desires or talents which would require me to enter into situations where I need to venture out.**

* **LIST 3 of your top talents with a DESCRIPTION FOR EACH IN AT LEAST 10 WORDS** for how do you use that talent. **Identifying areas of potential growth in others and building a context with and for them to develop, including constructive feedback. - Finding the good in any person or situation, offering the perspective to others to assist them towards shifting towards a more constructive position for further action. - Connecting people with people or information, seeing the lines that connect the dots that others cannot see, including making the time to do so.**

* **EXPLAIN IN 30 WORDS:** What is the one thing you are really proud about in life and why? **I am really proud of my personal development over the last twenty years. In a child rearing class I realized that I was unable to unconditionally love my son, and myself. Today, I consider myself 'love-able'.**

* **DESCRIBE IN 20 WORDS:** What is the number one challenge that if it could be solved would make the biggest change in your personal or professional life? **As described above, my unease with others, inability to relax in these situations hinders me to even consider venturing out more and into new fields, new settings, to feel like a person others want to be around with.**

* **DESCRIBE IN 20 WORDS:** Which 3 things would you do if time or money were not an issue and why? **Allowing myself to dream and then to pursue that dream, allowing myself to enjoy with no second thoughts, bringing young people from across the world together.**

* **EXPLAIN IN 20 WORDS:** Is there an area of your life in which you feel you can't make it, that you must compromise or adapt to what others want? This could also be an area in which you feel influenced by people, circumstances, "systems" that are out of your control. **Work is an area of compromise. I resort to my formal responsibilities where I have considerable leverage to shape my work and try to keep out of company-related topics, even though I am drawn to them.**

* DESCRIBE IN 20 WORDS: What does a great relationship look like to you? What do you give to the relationships (intimate-family-friendship-work) to make it that way. **In a great relationship everyone thinks, acts as an individual while integrating the needs and actions of the other for a greater whole. I sense and communicate to understand myself and others as well as possible.**

* How do you feel when a relationship is not going well? Describe this in a "cause & effect" way. EXAMPLE: "The other person does X and then I do Y." Or "I do X and the other person does Y." **I feel small and helpless when someone else acts in a dominant or aggressive way. I tend to remove myself from the situation or I withdraw mentally.**

* EXPLAIN IN 20 WORDS: Why are you in the career you are right now (or studying that field)? Do you feel it is the "best fit" for who you are and what you want in life? **I went into consulting because I wanted to assist in fostering leadership that builds organisations in which people are seen for their potential, plus where efforts go towards impact rather than status and power over other people. Today I believe that we cannot change mature organisations, rather we need to build new organisations from scratch.**

* DESCRIBE IN 20 WORDS: What does your "ideal" career look like. What are you doing on your "perfect" day that brings you the most satisfaction? **On a perfect day there's plenty of laughter and joy plus some thought-provoking dialogues, even sessions of deep sensing with people I easily connect with. Topics vary. There's travel to unusual locations. People feel whole.**

* How often do you think your work is "not going well", that you don't have enough time or resources to realize what you wish? How do you feel? How long does that thought-emotion last? How do you react? **On a perfect day there's plenty of laughter and joy plus some thought-provoking dialogues, even sessions of deep sensing with people I easily connect with. Topics vary. There's travel to unusual locations. People feel whole.**

* DESCRIBE in 20 WORDS: What is your Purpose or "Reason to Be"? You might explain it in a more "spiritual way" or describe the contribution you wish to leave the society in a "practical way". **To live love... is a motto I have found for myself. If I meet others from a place of love, it is the best impact I can have on the individual and in this world....**

* LIST 3 words that your relatives, friends and colleagues use to describe you. They can be "compliments" or even "criticisms". THEN WRITE HOW THESE MAKE YOU FEEL? **True to myself... - looking out for others – serious. I am quite happy that at this point in my life that what others experience from me more often is an expression of myself compared to what it was in the past. I also like to be seen and appreciated for my care for others. I struggle with my 'being serious' so much and often. I'd like for the 'fun side' of me to complement the serious side more, take the edge off, making and taking life a bit easier than right now. Small gestures: I say something nice to random people (in 'safe' situations) such as the supermarket, on the street. I pick up trash on the sidewalk.
PS: My husband does not want me to rescue cats anymore**

* To live more of your greater potential, what is the first thing you must START doing now? **Allow myself to sense and accept my inner desires and talents.**

* To live more of your greater potential, what is the first thing you must STOP doing now? **feel rejected when I don't get a positive response.**

* List the operations you have had. Include if there are any current or past issues that concern you? i.e. illness, failure, loss of a loved one, miscarriage etc.

Anorexic around 15/16, a couple bike accidents that took me to the hospital, thyroid condition