

SELF ASSESSMENT QUESTIONNAIRE

Before we begin, I think it's important to have a baseline to know where we're starting from. Use this questionnaire to help evaluate your motivation factors and satisfaction level in your life. Please answer the questions before proceeding with this book.

Circle the option that applies to how you REALLY feel:

Do you get frustrated with your life's challenges?

Never Rarely Occasionally Often Always

Do you care for others easily, but find it hard to take care of yourself?

Never Rarely Occasionally Often Always

Do you experience stress in your relationships with others?

Never Rarely Occasionally Often Always

Do you frequently feel angry or sad?

Never Rarely Occasionally Often Always

Do you feel unfulfilled in your life, either personally or professionally?

Never Rarely Occasionally Often Always

Do you feel satisfied with the way you set and reach important goals in your life?

Never Rarely Occasionally Often Always

Is change difficult for you?

Never Rarely Occasionally Often Always

Do you recognize and acknowledge your own achievements?

Never Rarely Occasionally Often Always

Do you experience poor health, fatigue, headaches, aches, or pains?

Never Rarely Occasionally Often Always

Save these answers. We'll refer to them later.