

Self Assessment Questionnaire Follow-up

This is the same questionnaire you filled out before you read this book and worked through the exercises. Please answer the questions without referring to your previous answers.

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

Now compare the answers above with your previous responses. Do you see any differences? Are there areas of your life that you feel you would like to continue improving on? I hope that I helped you get started on your journey to a happier and more successful life. Be sure to let me know how you do.