

SELF-DISCOVERY

ASSESSMENT

READ THE PROMPTS ON BOTH PAGES AND THINK ABOUT THE FIRST THING THAT COMES TO MIND. FILL YOUR ANSWERS OUT IN THE BLANK BOXES.

HOW CAN I HELP YOU TODAY?	
WHAT INSPIRED YOU TO REACH OUT?	
WHAT SEEMS TO BE YOUR BIGGEST CHALLENGE AT THIS MOMENT?	
WHAT ARE YOU DOING RIGHT NOW TO ADDRESS THESE CHALLENGES?	
WHAT WOULD YOUR ULTIMATE OUTCOME LOOK LIKE?	
WHAT ARE YOUR BIGGER DREAMS IN LIFE?	
DOES YOUR CURRENT SITUATION IMPACT ON THEM COMING TRUE?	
WHAT ARE THE REAL REASONS BEHIND YOUR BIG VISIONS AND GOALS FOR THE FUTURE?	
WHAT SEEMS TO HAVE BOUGHT ON THIS CHALLENGE?	
HOW DOES THIS PROBLEM IMPACT YOUR FAMILY OR FRIENDS?	

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WHAT OTHER AREAS OF LIFE ARE AFFECTED BY THIS PROBLEM?	
WHAT DO YOU THINK COULD STOP YOU FROM REACHING YOUR GOAL?	
IS THERE ANYTHING PREVENTING YOU TAKING ACTION?	
WHAT HAVE YOU TRIED ALREADY THAT ISN'T WORKING FOR YOU?	
WHY DO YOU THINK MY SERVICE IS YOUR NEXT STEP TOWARDS THIS GOAL?	
WHAT WILL HAPPEN IF YOU DON'T FIX THIS PROBLEM NOW?	
WHERE WILL YOU BE 3 MONTHS FROM NOW IF THIS PROBLEM ISN'T ADDRESSED?	
HOW WILL LIFE LOOK DIFFERENT WHEN YOU HAVE ACHIEVED YOUR GOALS?	
WHY IS NOW THE TIME TO TAKE ACTION?	
WHY ARE YOU READY RIGHT NOW TO DO WHAT IT TAKES TO OVERCOME THIS CHALLENGE?	