

**Getting to know you...**

What motivated you to sign up for this program?

**Take your time to answer the following questions in as much detail as possible...**

1. List achievements:
2. What do I like most about myself?
3. What do I do for fun?
4. What makes me sad?
5. What worries me?
6. What am I afraid of?
7. What do I know about me in my depths?
8. What do I have faith in?
9. What is my deepest desire?

**Finish these sentences...**

The quality in another person I admire the most is...

The qualities about me I like the best are...

If I could change one thing about me it would be...

The things in life that give me the most joy is...

The quality about me that people don't know is...

The secret gift or ability I have that I am not using is...

**The level of commitment (from 0-10, 0 the lowest) that I am presently expressing in my life at this time is as follows:**

at a physical level (Exercise, diet, sensuality, energy) \_\_\_\_\_

at an emotional level (Stability, ability to relate, intimacy) \_\_\_\_\_

at an intellectual level (Reading, memory, interest, learning) \_\_\_\_\_

at a spiritual level (Prayer, meditation, nature walks) \_\_\_\_\_

re: self-esteem (How you treat yourself) \_\_\_\_\_

re: being in the now (How much the past comes into now) \_\_\_\_\_

re: productivity (How willing you are to follow through) —  
re: artistic expression (Does your creativity show up?) —

**Finish:**

When this class is over what would you like to be different?

What are your goals regarding this program?

What goals or desires do you have regarding your work and personal life?

What are your biggest obstacles in achieving these goals?