

Complete Solutions in Life Mastery

DISCOVERY / Strategy Session Questionnaire

Name:

Address:

Cell Phone:

Email:

Employment - Job/ Career:

How did hear about Complete Solutions in Life Mastery or Donalee?

What have been your 3 greatest successes or accomplishments in life?

What has been your greatest challenge in life?

What self-improvement work (i.e. books courses, coaching) if any have you done in the past and what has been your experience with it?

What is most important to you in your life and why?

What are 3 things you would want to change or accomplish in the next 3 - 5 years?

What goal or goals do you want to achieve in the next 3 - 6 months?

If anything was possible, Time and Money are not an object, What would you wish for?

Discovery / Strategy Session Questionnaire - Continued

List 3 things you believe are holding you back from realizing your dreams and desires.

On a scale of 1 - 10 (1 = least and 10 = most)

- _____ How happy are you with your life right now?
- _____ How stressed do you feel in your life right now?
- _____ How easy do you adapt to change?
- _____ How quickly are you able to let go of a bad situation?
- _____ How quickly are you able to adjust your thinking to the positive?
- _____ How motivated are you in your work life?
- _____ How motivated are you in your personal life?
- _____ How ready are you to invest in changing your results to live the life you truly desire?