**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1. What SCORE out of 10 would you give for how SATISFIED you are with your life overall?**

\_\_\_\_\_\_ / 10

**2. If you were to give a SCORE out of 10 for how much FUN you're having in life:**

\_\_\_\_\_\_ / 10

**3. If you were to give a SCORE out of 10 for how HAPPY you are in your current CAREER:**

\_\_\_\_\_\_ / 10

**4. Give a SCORE out of 10 for how overwhelmed, BUSY or stressed you usually feel:**

\_\_\_\_\_\_ / 10

**5. Deep down, I like myself:**

-5 –----------------------------------0 –------------------------------------ +5

*(place an X on the line to correspond with how much you like yourself on a scale of -5 to +5)*

**6. What is your FAVORITE thing in life at the moment? (like best)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7. What could be IMPROVED in your life at the moment? (like least)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8. Thinking about mentorship, I am looking:** *(tick all that apply)*

 For More Meaning/Purpose in Life

 For More Fulfillment/Happiness in Life

 For More Ease/Simplicity or Balance in Life

 For More Freedom and/or Inner Peace in Life

 To Change or Move Forwards in my Career

 To Achieve my Goals Faster/More Easily

 To Learn to Trust Myself More/Be My Authentic Self

 Other *(If there was something you haven’t mentioned yet, what would it be?)* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9. I am ready to take ACTION, and make changes in my environment, habits and life:**

 Maybe / Yes / No *(please circle)*

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