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Questionnaire/Getting Acquainted

Strongly Disagree:1 Disagree:2 Neither/NA 3 Agree:4 Strongly Agree: 5

1. How happy are you? _____
2. What is your main issue needing support? _____
3. What do you want to develop a more physical routine? _____
Do you meditate or exercise? If so, how often? _____
4. Do you feel isolated or fairly social? (1 = very isolated 5=very social) _____
5. Do you drink alcohol or do drugs? _____
(1=not at all, 5 = in excess)
6. Financially, where do you want to be? _____
 - A. More motivated? _____
 - B. More Organized? _____
 - C. Abundant? _____
7. Are you in any other self help or coaching program? _____
8. Are you in a relationship? _____
If you are not in one do you want to be in one? -----
- If you are in a relationship? How long? Is it working?
9. What do you think is currently more important to you in your life than a goal? _____
(such as finding a soulmate)
10. Are you tired of your story? _____
If not, what do I need to know about you?

Strongly Disagree:1 Disagree:2 Neither/NA 3 Agree:4 Strongly Agree: 5

11. What would be the impact of achieving this Vision on your life? _____

12. Education is _____. I want to continue to learn.

13. How committed are you to clearing your blocks and investing in yourself to create this success? _____

14. Journaling _____

15. If you make changes do you have a support system, friends, family, or group support to achieve the best you can? _____

16. What's the next action you could take based on this questionnaire?

1 to 5

Moving Through It!

depression _____ happy
addiction _____ recovery
paralyzed _____ movement
debt _____ thrive
trauma _____ healing
playing small _____ playing big
abuse _____ self empowerment

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