

Getting Started Questionnaire

Review the statements below and check all that apply.

Career:

- I am somewhat dissatisfied with my current career.
- I would like to do something different but I am not sure what it is.
- I would like to do something different but do not see how I can get there from here.
- I enjoy my current position but would like to advance in the company or profession I am in.
- I would like to do more of what I love in my current job and less of what I don't.

Family:

- I would like to feel closer to my partner / children.
- I'd like to spend quality time with my family doing something different and fun.
- I would like to have more positive interactions with the members of my family.
- I would like more time to relax and play with my children.
- I would like to help in my child's development.

Relationships:

- I am currently seeking a love relationship.
- My current love relationship is dissatisfying in some manner.
- I would like to communicate better with my partner.
- I would like to learn how to meet my own needs and not have to rely on my partner to do so.

Life Purpose:

- I would like to know what my life purpose is.
- I would like to live my life in alignment with my true purpose.
- I would like to enjoy my life a whole lot more than I currently do.
- I would like to know how I can serve others more given the talents and skills I have.

Insights For Life

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Wellness:

- I would like to feel more energy and vitality.
- I would like to learn more about living a healthy lifestyle.
- I would like to be more active doing things that I enjoy.
- I would like to learn about foods which can increase my wellness and make me feel great.
- I would like to learn how to increase the variety of foods my children eat.
- I would like to learn about different strategies for successfully feeding my infant.
- I would like to learn natural ways to treat and prevent disease.

Schedule:

- My schedule is much too busy.
- I have a hard time saying no to things which affect my schedule.
- I find myself doing a lot of things that do not necessarily bring me enjoyment but I feel I should do.
- I have a hard time getting things finished.
- I have a hard time getting things finished on time.

Spirituality:

- I would like to feel more connected to my higher power.
- I would like to feel more at peace.
- I would like to feel more connected to others.
- I would like to feel grounded in my life.

Financial Status:

- I would like to achieve financial independence and have that as a personal goal.
- I would like to make more money.
- I would like to manage my money better than I currently do.
- I would like to feel a sense of abundance in all areas of my life.

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Creative Pursuits:

- I have a longing to express myself more creatively than I currently do.
- I love creative endeavors but feel I have no talent.
- I would like to make more time to be creative.
- I would like to have a community where I can safely explore my creativity.
- I would like to tap into my creative side more often when solving problems and making life decisions.

In the past where I have been creative, I have enjoyed:

____Poetry/Writing ____Drama/Theater____ Drawing/Painting____Making music
____Dancing ____Sculpting

Education:

- I would like to be a life-long learner, learning about things that excite me.
- I want more education but don't have time for it.
- I need a specific degree or certification in order to achieve my career / financial goals.

Based on your responses, review the following list of items and identify your top three priorities right now.

- | | |
|---|--|
| <input type="checkbox"/> Career | <input type="checkbox"/> Family |
| <input type="checkbox"/> Relationships | <input type="checkbox"/> Wellness |
| <input type="checkbox"/> Schedule | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Financial Status | <input type="checkbox"/> Creative Pursuits |
| <input type="checkbox"/> Life Purpose | <input type="checkbox"/> Education |

Other (please specify):_____