

Name :

## QUESTIONNAIRE



Choose the topics from which you wish to bring some changes. Make as many copies of this document as you have topics to work on. Check one of them by page and answer the following questions for each of them.

- FUN & RECREATION**     **ENVIRONMENT**     **SIGNIFICANT OTHER/ROMANCE**     **HEALTH**  
 **PERSONAL GROWTH**     **CAREER**     **FRIENDS & FAMILY**     **MONEY**

**1. What do I want?** (Express your goal positively. Ex.: ACTION VERB, RESULT, DEADLINE)

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**2. What will obtaining my objective bring to me moreover?** (Advantages)

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**3. How will I know I have really achieved my goal?**

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- **What will I see?** \_\_\_\_\_  
- **What will I hear?** \_\_\_\_\_  
- **What will I feel?** \_\_\_\_\_



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**4. What would be the disadvantages if I achieve my goal?**

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- For me? \_\_\_\_\_

- For the others? \_\_\_\_\_

**5. What would be the obstacles?**

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- Solutions? \_\_\_\_\_

**6. What are the resources needed to obtain what I want?**

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- Who will I ask to get them? \_\_\_\_\_

**7. What are the steps to get there?**

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**8. How will I reward myself?**

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