



What Would You Like To Create?

What makes you happiest in your life at the moment?

On a scale of 1 to 10 (10= HIGH), rate the quality of your life today:

What would you like to change?

What is stopping you from making these changes?

Who are the key people in your life and what do they provide for you?



Is your life one of choosing? If not which parts are being chosen for you and by whom?

List 5 things that you are putting up with or tolerating at the moment.

What dream have you given up on?

What would you like to achieve over the next six months?

What would it mean to you to achieve it?



Working Together

What would you expect me to do if you fall behind with your goal?

How will you know when you are receiving value for money from working with me?

What types of approaches discourage you or take away your motivation?

Thank you for taking time to fill out this questionnaire. Please email it back to me before our Creation Session to louise@createyourself.co.uk

Louise x