



Please take your time when answering these questions.

1. What do you really want?
2. What does that look like?
3. What will that do for you specifically?
4. How will you know when you've got it?
5. What has stopped you from having it until now?
6. How will having/achieving that affect the people around you?
7. When you think about something that challenges you, what is the first thought you have about that issue?
8. What's most important to you when it comes to your work?
9. What else is important to you regarding your work?
10. What's most important to you when it comes to having money?
11. What else is important to you about money?

12. What has to happen for you to feel happy? Successful? Worthy? Loveable?

13. What is it like when you feel worthy?

14. What is it like when you get sad or angry and still don't feel worthy?

15. When you do get that outcome of feeling worthy, what do you do with it?

16. When you are embarrassed, angry, ashamed and so on, how do you react?