

Life Survey

Name: _____

Company Name: _____

Address: _____

Daytime Phone _____ Cell or Mobile _____

Home Phone _____ Email _____

Please email a variety of photos of yourself (ones you like) to:
consulting@theartofconsciouscreation.com or provide a website where we can see them.

(Note: This document has been created in Microsoft Word in order to give you the space you need to keyboard in all of your answers. When you have completed a section, please just close up the spacing between sections to just a few open lines between headings in order to keep the document as concise as possible. You may also download the PDF version of this document in order to handwrite your answers if you prefer, but please be legible!)

Goals

What would you like to achieve through Personal Frequency Management Counseling?

In General:

Specifically:

Where do you feel you are stuck or in a holding pattern in your life that you would like to break through or change? You can list one or more areas of emphasis.

Life Sectors:

Career

Work History:

Please provide a very brief overview of your work history. The kinds of work you have done, the number of times you have changed jobs, why you have made a change? Your entrepreneurial ventures? Describe your favorite job and why it was your favorite.

Current Position or Entrepreneurial Venture:
Please describe your current situation.

Address what you perceive to be the best and worst aspects of this work situation.

What do you believe to be your greatest work skills and assets?

Wishful Thinking:

What would you like to see different in your work situation—in your current situation or a change you'd like to make career wise? What kind of work and work skills appeal to you?

What would be your definition of Career/Work success?

Money and Abundance

Past History:

No details are necessary, but briefly describe your financial history in overall terms. Have you done well financially? Have you had major setbacks? Has it been a long struggle to accumulate money?

Current Status:

Where are you now in the financial picture—comfortable, just making it, overextended, etc?

Describe your relationship to money. Are you a spendthrift? Are you cautious and conservative? Do you splurge occasionally? Do you hoard it when you have it? Do you save money responsibly? How do you feel about money in general? Does it come easy to you or just fly out the window?

What are your biggest financial challenges today?

Wishful Thinking:

What are the things you would do if you had more money? How would you spend it and what would it afford you?

What would be your definition of Financial success?

Love and Relationships

Past History:

Without going into extensive details, describe your relationship history in general. (Many partners, deep relationships, a few select relationships, mostly superficial relationships, one lifetime commitment, etc.) Then provide a one-sentence description of each of your significant relationships and why they ended, along with approximately how long ago they were.

Current Situation:

Discuss your current relationship, if you have one. Who is your partner, a bit about that person, and describe how you currently feel about the relationship.

What are the primary issues in the relationship for you?

What do you think you could do to improve your current relationship or attract a new relationship? What do you need to change within yourself?

Wishful Thinking:

If you currently have a relationship, discuss what you would like to see different—whether that is something you'd like to see changed in the current relationship or going onto a new relationship? If you are not currently in a relationship, describe the person you'd like to have in your life and what that relationship would be like?

What would be your definition of Relationship success?

Family

Past History/Parents:

Describe in brief your parents and your relationship with them as a child and now?
Please do the same about your brothers and sisters.

Current Status/Parents:

Are your parents still living? If so, what kind of issues do you currently have with them?
If they have passed on, what unfinished business do you still harbor?

Past History/Your Generational Family:

Have you been married in the past? Please describe any previous marriages in brief and note how long they lasted. Also note where those relationships stand today—friendly, acrimonious, just drifted out of each other’s lives? Are there any children involved?

Current Status: Your Generational Family:

Are you currently married or living with someone? List/describe your children and their ages and whether your partner works out of the home. Describe in brief your current family dynamics.

What are the major issues for you in your generational family?

Wishful Thinking:

Describe the relationship you would LIKE TO HAVE with your parents and/or your current generational family?

What would be your definition of Family success?

Self

Perception:

Describe yourself in two ways: how you believe the world sees you and how you honestly see yourself.

How do you feel about your self-esteem or personal confidence level?

Describe your soul and the relationship you believe you have with the Universe.

What do you see as your greatest strengths and your greatest failings?

What do you like most about yourself. What do you like least?

Would you consider yourself addictive in any aspect of your life?

What would you most like to change physically, emotionally, spiritually, mentally or behavior wise? Here are some prompts, but do not limit yourself to these:

What would I like to change about:

- My habits
- My attitude
- My temper
- My outlook on life
- My mood
- My ability to communicate
- My judgment of others
- My judgment of myself/my self acceptance
- My need to control/my feeling out of control
- My self esteem
- My addiction
- The way I treat others
- My ability to experience my emotions/be too ruled by my emotions
- My ability to speak my needs/desires
- My ability to focus
- My ability to relate to/approach people I have an interest in dating
- Etc..

Wishful Thinking:

Describe the person you would like to be if you could change today.

What would be your definition of successfully being you?

Health

Past History:

Provide a brief overview of your health throughout your life. Have you been predominantly healthy? Have you had major health challenges, major surgeries, chronic illnesses, etc.

Current Status:

How is your health today? What health challenges do you face? What health conditions limit you?

What kind of shape are you in? Do you currently exercise? Doing what and how often?

What are you currently doing to contribute to any lack of good health?

Wishful Thinking?

Describe your completely healthy body and life as a healthy person.

What would be your definition of true Health?

Home

Current Status:

Describe your home situation. Do you own or rent? What kind of a place is it? (Single family home, apartment, condo, etc). Does it have a yard or outdoor sanctuary space? Is it in a busy or quiet part of town? Is it near a park where you can go? Does it have a quiet inside place for you to be by yourself? What is your favorite part of the house? Who do you share it with and how much privacy do you have? Are there pets? Are you happy with the furnishings? Is it spacious, cramped or just right?

Wishful Thinking:

What would you like to change about this residence?

Would you prefer another home? What would that look like and feel and where would it be?

What would be your definition of a successful home?

Leisure Life

Past Passions:

What have you done for fun in the past that was a significant part of your life? Would you want to continue doing that today or have you happily passed on to other pursuits?

Current Passions:

What are your current passions? Describe them. How often do you do them? What do you enjoy about them?

Activities with Family, Friends, Partner:

What do you do with your family, friends or a partner on a regular or semi-regular basis that you enjoy? What would you like to do more of?

Helping Others:

Do you use your spare time or resources to help others? (family members, organization, cause, strangers, etc.) If so, in what capacity and whom do you serve? Would you like to do more of this? Do you feel guilty that you are not doing something to help others?

Wishful Thinking:

What enjoyable activities or passions would you like to more of? What new activities would you like to try or do? If you had more time in your life, what would you spend it doing?

What would be your definition of a successful leisure life?

Personal Happiness and Personal Growth

Current Status:

What makes you most happy in your life?

Who makes you most happy?

What about yourself makes you the happiest?

What are you unhappy about in your life and with yourself?

Wishful Thinking:

What would you like to discover about yourself?

In what area do you feel you would like to pursue personal or spiritual growth?

What is personal happiness to you and how would that manifest in your life?

What is your definition of success in your life overall?

Comments/Other

What has not yet been addressed here that you would like to address?

Please email this document to:
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fax it to (818) 707-3543