



Beliefs, Guidelines and Assumptions

I have included some questions that will be useful to get you started.

Please feel free to respond in the manner that is most comfortable for you.

About Life:

What are your passions?

What is your mission?

What are you here to do?

What is life about?

About Yourself:

Who are you at the very core of your being?

What are the guiding principles or values that you live by?

What is important to you?

What is possible for you to accomplish?

What are you capable of?

What is your sense of your self-worth?

What do you deserve?



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What (if any) are your limitations?

About Change:

How easy or hard is it to change?

Can change last?

What is the value of flexibility?

What creates change?