**People Skills International - Ida Greene, PhD 619-262-9951**

# [www.journeytolovingyourself.com](http://www.journeytolovingyourself.com) Email: idagreene@idagreene.com

Name: Date:

Phone: Email:

**Optional Questions to Answer, Ponder, or Ignore ;) Please be honest with yourself:**

1. Do you have any pain in your body?
2. What would you like to get out of our time together?
3. What is your sleep like?
4. How safe do you feel in your bank account?
5. Have you ever felt like "damaged goods"?
6. Do you ever feel like you are silently suffering?
7. What are the most prominent emotions you have felt in the past 3 months?
8. Have you ever/do you experience symptoms of anxiety or depression?
9. Do you experience feeling true joy and pleasure on a daily basis?
10. Are you very gifted at what you do, yet still can't seem to make the money you want to?
11. Are you making the amount of money you want to, but have a full plate and sometimes feel depleted and exhausted, feeling like "more success equals more stress"?
12. Do you experience "feast or famine" with your money?
13. What would your daily life look like if you used your gifts to be truly effective in your own life?
14. What would your life feel like if you were making your true impact with your business in the world?
15. What city, state and country do you live in?
16. Have you ever lost your community, your family, your spiritual or religious community?
17. Is there any person or group you have ever been afraid of , or are afraid of?
18. Have you ever been a part of a controlling relationship, group, religion, abusive cult, including how you were raised?
19. Is there a part of you that is scared to think critically of that situation?
20. Do you feel safe to share the relationship of the person, group name or details here?
21. What trainings have you participated in within the coaching world, sales and marketing world, transformational healing world etc?
22. Do you ever feel "floaty" or not fully present with yourself when in large groups?
23. Have you ever been afraid of your own power?
24. What would be different for you if you had full access to your power?
25. On a scale from 0 - 10 how much fear of failure do you have?
26. On a scale from 0 - 10 how much fear of success do you have that you are aware of?
27. On a scale from 0-10 how committed are you to showing up for yourself and being the leader of your own life?
28. On a scale from 0 - 10 how much do you want to be seen, recognized and respected as a leader in your specialty?
29. Anything else you'd like to share?

# Thank you for trusting yourself, and trusting me, to even read this and share your answers with me :) Dr. Ida Greene, Journey to Self-Love Coach, Email:Ida@thejourneytoselflove.com 619-262-9951