

**Powerchange®**

Confidential to:

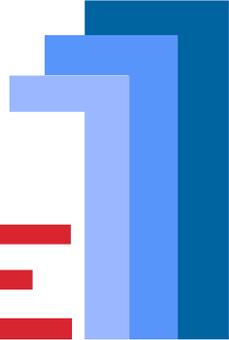


## **ONE HOUR FROM NOW**

the *Way* you experience your life  
could completely change

**ARE YOU READY?**

*Take...*

**STEP ONE** 

Create your personal development strategy for the future

Welcome to Step One from Powerchange. The purpose of Step One is to give you the opportunity to experience for yourself an introductory semi-structured coaching session with a Powerchange consultant, to show you how revealing simple questions can be, and to allow you to assess the potential benefit of maybe booking some further sessions for yourself and for those around you.

**BE Prepared.** Some of these questions are very direct and go deep, getting to the roots of your life. It can be disconcerting to start with but we've found it produces the best results when you answer them honestly - and of course your privacy is protected by the Powerchange Code of Conduct. Feel free to review these questions, but remember our team is trained to ask them in a specific way that gets the best for you. You will not be able to do this by yourself.

Answer as cleanly as you can. Say it as it truly seems to you. Accept that it is your own subjective view and may or may not be accurate. That's not an issue. The only "wrong" answers are the ones where you haven't been honest with yourself. Take as much time as you want. Some people are happy to zip through it, others take a little longer.

Be particularly sensitive to notice what goes on inside your actual physical body as you answer – what you think and feel. Powerchange personal development is about revealing your own natural motivators and unhooking you from frustrating, disappointing and depressing de-motivators that stop you in your tracks time and again. *Where* you feel them is important, eg. "At gut level", "In my head" "My heart tells me."

Note what you're thinking about in the background as you answer each question. A note in the margin might be helpful. Your Powerchange Consultant will be able to show you all sorts of things you haven't noticed yet.

Feel free to change your mind. If at any time you want to go back and give a different answer, that's fine with us!

## Section A: Past, Present and Future

**1. What physical object do you most treasure?**

2. What meaning does it have for you?

3. What would it be like if you lost it?

**4. What do you deem to be a particularly significant challenge you have in your career?**

5. How are you currently dealing with this?

6. How is it working?

**7. What do you deem to be a particularly significant challenge you have faced in your personal life?**

8. Describe some of the ways you have dealt with this.

9. How has that worked?

**10. What is particularly challenging for you as you anticipate the future?**

11. What are these anticipated challenges like for you?

12. How do you anticipate handling them?

**13. If you were to hazard a guess at three invisible things that you suspect are holding you back, what would they be?** (An attitude, a conflict, a relationship, a fear - whatever.)

a.

b.

c.

14. Any habits, disabling fears, phobias, addictions or secrets you'd like to be free from?

**Section B: Personal Assessment Table**

	Questions	Yes Level	Priority:			Recommended:
	<b>Answer honestly, but without too much thought to detail</b>	<b>0 ----10</b>	<b>Low</b>	<b>Med</b>	<b>High</b>	
1	I'm really good at relationships					
2	People generally treat me the way I like to be treated					
3	I care about how people perceive me					
4	I want to improve how I connect with and relate to others					
5	I am pretty much in control of my thinking					
6	I find it easy to enjoy everyday life					
7	I rarely struggle with negative thoughts or bad dreams					
8	I want a far greater understanding of how I can do these					
9	I have a clear sense of purpose					
10	I have a rewarding sense of my 'place' in the universe					
11	I am clear about my motives and values					
12	I want to be significantly more focused on these					
13	I'm very satisfied with how well I've done so far					
14	Nothing is standing in my way to greater things					
15	I have a clear overview of my 'career path'					
16	I want to lever up my performance and achievement					
17	Lack of time is never a problem for me					
18	I've plenty of life left and am looking forward to it					
19	I'm inspired by the future					
20	I want to be much clearer about how I approach the future					
21	I had a very secure, loving, and happy childhood					
22	I remember my past with a sense of delight, pride and joy					
23	I've not been treated badly in the past - bullied, abused, etc					
24	I want to be free from any negative effects of the past					
25	I am a relaxed, emotionally healthy, and confident person					
26	I am satisfied, content and happy					
27	I have a secure sense of my true worth which is ..../10					
28	I have some way to go in these areas					
29	I accept life as a game, not a war					
30	Most of the time I thoroughly enjoy what I do					
31	I have lots of fun in my life right now					
32	I want to become much more playful					
33	I'm stress-free financially					
34	I manage my finances well					
35	I have all the money I need and want					
36	I need or want more money					
37	I am aware of my resources and abilities					
38	I am gaining plenty of new resources					
39	I'm really good at using the potential I have					
40	I want to gain, expand and make more of what I have					

Which two questions stand out as particularly significant for you?

