

# STEPONE

**GUARANTEED** TO INFORM, INSPIRE AND MOVE YOU FORWARD

**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—it's not intended to be complicated. 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. 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 judge 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 judge 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	No...Yes	Priority:			Programme Suggestions
	<b>Answer honestly, but without too much thought to detail</b>	<b>0 ----10</b>	<b>Low</b>	<b>Med</b>	<b>High</b>	<i>Freestyle is always an option</i>
1	I'm really good at relationships					CAFE Styles, Relationship Repair Kit, Fields of Strength
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					'Powerbubbles' - State Management, P/Experience
6	I find it easy to enjoy everyday life					
7	I rarely struggle with negative thoughts or bad dreams					
8	I want a greater understanding of how I can deal with these					
9	I have a clear sense of purpose					P/Experience, Map of Human Influence, Self Respect Agenda
10	I have a rewarding sense of my 'place' in the universe					
11	I am happy with my personal values system					
12	I want to be significantly more focused on these					
13	I'm very satisfied with how well I've done so far					'Powerchanger', P/Experience, Stretch
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					Timeline, P/Experience, Stretch
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					'Powerchanger', Fields of Strength Self Respect Agenda
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					'Powerchanger', GOLD Training, UDASA
26	I am satisfied, content and happy					
27	I have a secure sense of my true worth which is...					
28	I have some way to go in these areas					
29	I accept life as a game, not a war					The Ring, Knowing/Enquiry, UDASA
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					UDASA, Business Support, P/Experience, RicherMe
34	I manage my finances well					
35	I have all the money I need					
36	I want more money					
37	I am aware of my resources and abilities					P/Experience, Fields of Strength, Stretch
38	I am gaining plenty of new resources					
39	I'm really good at using the potential I have					
40	I want to increase my potential					

Which two questions stand out as particularly significant for you?

How might they be important?

**Brag Box**  
What are you proud of?

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