

Mindfulness Questionnaire

*Please type responses to all questions and e-mail back to
Sean@MindfulnessExercises.com*

Name

GOALS

What are the 3 goals you want to achieve over the next three months?

What are the three biggest changes you want to make in your life over the next three years?

PERSONAL HISTORY

What would you say have been your three greatest accomplishments in your life to date?

Mindfulness Questionnaire

What is the hardest thing you have ever had to overcome?

Who are or have been your major role models? Would you be willing to add some? Why?

What major transitions have you had in the past two years? [i.e. – entering or approaching a new decade of life, a new relationship, a new job, a new role, a new residence, changes in children’s ages/stages of life, separation, divorce, death of a loved one, birth of a child, marriage, etc.]

YOUR LIFE

Who are the key people in your life and what do they provide for you?

Mindfulness Questionnaire

Is your life one of your choosing? If not, which parts are being chosen for you?

On a scale of 1 – 10, 10 = HIGH, provide a number that represents your current level/ degree of stress:

1 2 3 4 5 6 7 8 9 10

What are your primary stressors?

List five [5] things that you are tolerating or putting up with in your life at present. [i.e. – information you cannot find, rude people, poor lighting, tight shoes, dented car, job dissatisfaction, dead plants, broken equipment, old appliances, etc.]

Mindfulness Questionnaire

MINDFULLY COACHING YOU

What would you expect or like your Mindfulness Coach to do if you get behind on your goals?

How will you know when you are receiving value (i.e. – your money's worth) from the Mindfulness Coaching process?

What types of approaches discourage you or take away your motivation?

How can a Mindfulness Coach best support you in the Coaching relationship? Using each number once, place the following in order of importance.
Rank using 1-10 [1= Most Important; 10 = Least Important]

Brainstorming Strategies Together

Support, Encouragement, Validation

Accountability; Checking up on Goals

Suggesting or Designing Action Steps

Strategic Planning

Insight into Who You Are and Your Potential

Exploring and Removing Blocks and Obstacles to Your Success

Working through Self-Improvement Programs Together

Painting a Vision of What You Can Become or Accomplish

Directness: Asking Hard Questions; Challenging You to Move Forward

Mindfulness Questionnaire

POTENTIAL & POSSIBILITY

Do you have a personal or professional vision?

If so, what is it?

What would you like to contribute to the world?

What is a dream or goal you have given up on?

What part of yourself, if any, have you given up on?

On a scale of 1 to 10 (10= HIGH), rate the quality of your life today:

1 2 3 4 5 6 7 8 9 10