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**Life Overhaul Self-Assessment Form**

This questionnaire will ask you a few questions about your health and your life. It is designed to focus not just on the physical aspects of your wellbeing but also some of the psychological, mental and spiritual factors that can also affect you.

***This form is designed to highlight areas of your life that can cause blockages in your mood, motivation and happiness.***

**Answer it as honestly as you can**

 It’s likely to take between 1-2 hours to fill in so ensure that you have time to relax and turn your phone off for best results. This form is designed to give you an idea of some of the deeper aspects of your current issues. Symptoms that you are ready for this form include unhappiness, sleeplessness, weight issues and a feeling that something is missing: but you’re not sure what.

It’s better not to think too long about the questions – just trust the first answer to come into your head for each area and add any comments or questions that you have when processing each question. You can go back to them later. If you find yourself thinking about something that you think can’t possibly be related to your issue: it’s likely to be more important to write it down. Let’s face it: if you knew for sure that it wasn’t an issue: you wouldn’t be reading this form! The more honest you are with yourself, the more you will get out of this process.

There is little point judging your actions too harshly: Your past is history. Whatever you have done in your life so far: it has led you here for a reason. On that basis, the aim of this session is to help you to heal your past in order to feel better right now, and enjoy the rest of your life more.

It’s my aim that the process of filling in this form will give you guidance on where you are and what you could improve. Most of the work you will do by filling this in honestly. If you feel that you still need help at the end of it, I suggest that you contact me or a trusted friend/professional who works around Life Purpose.

**Sometimes life has to get shit before it can get better.**

It’s rarely a feeling of happiness that leads people to fill this in, and everyone hits a brick wall in life at some stage. It’s a call from life to wake you up to questioning the bigger purpose that you have for being here. It’s almost certain that you will meet some sort of resistance filling this in: which is perfectly normal. Having the courage to break through this resistance is not so common, which is where I can help you if you are brave enough to break through your issues..

**Questions.**

**1.** How are **you** feeling right now on a scale of 1-10? (1=terrible, 10=fantastic)

**2.** What do you **expect to get** out of this process?

**3.** How would you know if you had **value** after this process?

**4.** Have you ever had any chest pain or palpitations? If so, when?

Give details of any abnormal amounts of stress that you had at the time.

**5.** How would you rate your current state of physical health (on a scale of 1-10, 1=very poor and 10=excellent)?

**Feel free** to write any comments about this.

**6.** How much stress do you **currently** have in your life?

(on a scale of 1-10, 1=major stress and 10=low/no stress)

**7.** On average, how many hours of **exercise** do you do each week (walking counts)?

**8.** What exercise activities do **you do**?

**9.** Are you **happy** with your current exercise routine? Why?

**10.** Do you eat more healthy/unhealthy foods?

If you are not sure then just list your favourite foods here (the ones that you eat the most of)

**11.** Are you happy with your **current** diet? Why?

(rate on a scale of 1-10. 1=very unhappy, 10=very happy indeed)

**12.** How many litres of **water/non-caffeinated fluids** do you drink a day?

(1 pint = 600mls. An average glass is about 0.2 litres or 1/3 pint)

**13.** What typically do you **drink every day**?

Add approximate quantities of each (Juice/coffee/alcohol/water/tea)

**14.** How many **cigarettes** do you smoke each day?

**15.** How much **alcohol** do you drink in an average week?

(list type of drink and approximate quantities)

**16.** Do you take any **other drugs/medications**? What for?

**17.** Any **long-term** illness, surgery or admissions in the last five years?

**18.** Are you currently seeing any **other** health practitioner? If so: what for?

**19.** How would you rate your **current state** of mental wellbeing?

(rate on scale of 1-10. 1=very unstable, 10=very stable) Feel free to add any comments. If you are unsure, then rate how happy you have been feeling lately.

**20.** How motivated are you to **improve your health now**?

(1-10. 1=Not very motivated, 10=Massively motivated) Why?

**21.** How good are you at **sticking to one task** until it’s done (focus)?

(use scale of 1-10. 1=not very good, 10=I always complete the tasks that I start)

**22.** How many **restful** hours of sleep do you get each night? Feel free to comment.

**23.** How would you rate your current relationship with **your mother**?

(1-10. 1=I would/have disowned her, 10=I love her dearly, even if she has an off-day)

Note: If your mother has passed away, please include how you feel about your current memory of your relationship with her and place a D beside your rating.

**24.** How would you rate your current relationship with **your father**? (see above)

(1-10. 1=I would/have disowned him, 10=I love him dearly, even if he has an off-day)

Note: If your father has passed away, please include how you feel about your current memory of your relationship with him and place a D beside your rating.

**25.** Have you **ever** felt/been depressed? If so, what led to it?

(If you are not sure then write a little about what was going on for you at the time)

**26.** Have you ever felt/been suicidal? If so, **what led to it**?

(If you are not sure then write a little about what was going on for you at the time)

**27.** How much do you **love** your current job/employment situation?

(1-10. 1=I hate my job/current status, 10=I love my job)

**28.** How much do you **love your current partner** (if applicable)?

(1-10. 1=I don’t, 10=I’m with my soul-mate, I love them and I’m very happy)

**29.** How much do you **love your life right now?**

(1-10. 1=I don’t at all, 10=I love everything about my life right now)

**30.** How would you **rate your looks**?

(on a scale of 1-10)

**31.** How much do you feel **you have achieved** in your life?

(1-10. 1=I haven’t achieved anything significant, 10=If I died today I’d be happy that I achieved all that I could)

**32.** What would you **do today** if you knew you only had a day to live?

**33.** What do **you love doing** the most?

**34.** What do you **dislike** doing the most?

**35**. Do you think **your life has a purpose**? If so, what is it?

**36.** Do you have **anything else** that you feel may be important to resolve?

**37.** Are there **any** areas of your life that you have mentioned above which you do not want to discuss during our assessment?

**38.** List the biggest achievement(s) you have had in your life so far

**39.** What are your biggest regrets?

**40.** What do you do for fun?

**41.** What was/is your favourite work activity?

**42.** What aspect of your life makes you the happiest?

**43.** If you could resolve just one issue, what would it be and why?

**44.** What 3 words describe you the best?

**45.** If you could only do one more thing before you die, what would it be and why?

**46.** What’s the biggest barrier to your happiness?

**47.** What’s the hardest thing you’ve ever done?

**48.** If you died today how do you think you would be remembered?

**49.** How do you want to be remembered?

**50.** What will happen if you don’t do anything about the things you feel you need to change?

**51.** What is possible for you if you are brave enough to make the changes that you know you need to make?

**52.** How do you feel now having filled in this assessment form?

**Did you feel anything** in your heart during the process?

**If you have filled this in honestly it’s likely that you are well on the way to solving your own problems.**

If, however, you feel that you still need help, you are welcome to contact me for a chat to see if I can help you. I may not be able to which is why I’ll need to ask you a few more questions before I decide whether I am the right person to help.

**Are you ready to face your demons? Not many are!**

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If you are ready, contact me at adam@adamshaw.co and we’ll have a chat to see whether we are compatible.



Thank you for investing your time in this form.

Warmest wishes,

Adam

<http://www.adamshaw.co/>