



## LAUGHING BUTTERFLY. Preliminary questionnaire

*\*All information is confidential.*

**First and last name:**

### **Your life's diamond**

#### **Where are you at today in the different areas of your life?**

Here are suggestions for some areas but feel free to add or remove some or even change the names if it suits you better; or even split them if you feel they don't necessarily go together.

**Health, work-career, hobbies and rest, finances, personal development and spirituality, love life, family, friends, fun and creativity, environment**



Please write down the areas that suit you in the wheel above and put a number from 1 to 5 on each line (1 is in the center 5 on the outside) 1 : very unsatisfied. 2 unsatisfied 3 somewhat satisfied. 4 satisfied 5 very satisfied. Then draw a line between each number and look at the shape of your diamond

What feelings, thoughts and emotions come to you when looking at your diamond? What would you like to change? What would you like to achieve? What would you like to improve in the different fields?



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### Questions

*Try to answer most of them, but feel free to leave out some if you find them too complicated*

How do you bring joy and pleasure in your life ?

How do you take care of yourself ?

Who or what inspires you ?

What is important to you in life ?

Why is it important ?

What is it you can't stand in life ?



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What would you like to change in the world and in yourself ?

What would you do if you didn't have to earn money ?

What are your greatest achievements in life and what strengths and qualities made them possible ?

What would you like to be supported with ? (This can include your goals and dreams, who you are becoming, a personal quality you want to develop and the stretch you are now ready for...)

What is your biggest frustration today (the most important and the most urgent) ?

In your wildest dreams, what would you like to bring forth or leave behind ?



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What moods or emotions arrive “with” these intentions or goals you are considering ?

What are the biggest challenges you face in reaching your goals ?

In which situation(s) do you feel blocked ?

What patterns of behaviour are you aware of that could (or do) hold you back ?

What are 3 things I should know that would help me be a great support for you ?

How is your motivation and commitment level ?

Are you willing to do the exercises during and in between the sessions ?

Do you understand that the success of our work will depend on your investment and commitment ?

Do you have any questions you'd like me to answer during our first session :

Is there anything else important that I should know ?