



b. Address:

c. How long have you lived here?

d. Please describe anything you know about the previous owners or the history of your home?

e. How do you feel living in your home? (is it a good place to be or do you feel dissatisfied with any areas)

f. Please describe any significant life events you have had (for example loss, separation, ill health) since you have lived in this home.

g. How is your overall health and well being currently (including all aspects of health, how well you are eating and sleeping, how you feel emotionally and mentally and about your energy levels)

Keep going...



## Your Priorities

Please score in each area how your life feels as follows:

1 - Poor      2 - Not great      3 - Satisfactory      4 - Good      5 - Very Good

<p><b>Good Fortune (4)</b></p> <p>The amount of good fortune you feel you have, focusing mainly on wealth and in particular the 'flow' of your money. Also the feeling that the right things come your way just when you need them.</p> <p>Score:</p>	<p><b>Illumination and Recognition (9)</b></p> <p>The feeling of fulfilment with your life, that you are doing the right thing and are being valued by others. You are recognised for what you do.</p> <p>Score:</p>	<p><b>Relationship (2)</b></p> <p>This is the relationship you have usually with a partner or close others if not in a relationship. There is deep love, understanding, acceptance and respect between you and another.</p> <p>Score:</p>
<p><b>Elders (3)</b></p> <p>Your ancestry, your tribe, your past. A knowing of where you have come from. A feeling of belonging and acceptance and mutual respect with family. The quality of relationship with parental figures.</p> <p>Score:</p>	<p><b>Well Being (5)</b></p> <p>Well being is healthiness on a physical, emotional, mental and spiritual level. An all round feeling of being well and having the energy to live life as fully as you want.</p> <p>Score:</p>	<p><b>Creativity (7)</b></p> <p>The area that has great focus on children, of your own if you have them or children that are in your life. It is also about being creative in other areas of your life, being in tune with and able to express creativity in any form.</p> <p>Score:</p>
<p><b>Quiet Contemplation (8)</b></p> <p>Finding time for your-self just to be, to clear your thoughts. To be in tune with your inner wisdom and to gain contemplative rest and perspective.</p> <p>Score:</p>	<p><b>Life Journey (1)</b></p> <p>This is about your life flowing well and in the right direction for you. There is a focus on career and purpose and that you are doing what you really want to be doing.</p> <p>Score:</p>	<p><b>Helpful People (6)</b></p> <p>There are good and helpful people in your life who are there for you when you need them. There is a focus on you also being a good friend to others.</p> <p>Score:</p>

Now, choose 3 priority areas that you would like to focus on:

Priority 1:

Priority 2:

Priority 3:



## Your dreams

Thinking of the priority areas' you have chosen can you please say more about how you would like these to improve.

Priority area 1:

Priority area 2:

Priority area 3:

Is there anything else you would like to achieve from this Consultation?

Thank you for completing this questionnaire.

