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***The journey to your success as outlined by you***

Hello!

Thank you for investing your time and energy into working with us!

Welcome to the team here at Balance; we are a community of people looking to take their health into their own hands and really start to make tangible, permanent leaps forward in their life.

One of the most critical elements of successful change is empowerment, more so, the empowerment of self.

Self-empowerment may feel difficult if you’ve lived a life whereby your external or internal narratives / environment have seemingly always wanted to tear you down.

That which happens to us is not always our fault, nor should we spend vast amounts of our time ruminating over these events / experiences negatively. Doing so does not serve us in moving forward with our lives in a positive way.

We should also aim to avoid shifting blame on to one person / event / experience or another; resentfulness, towards anything or anyone, can infect our lives in every domain and taints our actions, thoughts and feelings.

This is not to say that you can simply click your fingers and reconcile your past, that is neither practical, realistic or helpful, however, it is important that we truly start to move forward and, as mentioned, this is best achieved through empowerment.

With empowerment of self being the ambition throughout this process, we’d like for you to complete these questions which follow.

We’d ask for you to spend time on them, truly and thoughtfully thinking your way through the answers. This is a document we’d like for you to view intermittently throughout the process to remind yourself of your own chose ambition. It serves you no value to “rush” through these or not give them your full attention; this exercise may be the simple, yet unshaking and steadfast, foundation of changes to your life that will help you move towards who you truly want to be.

* 1. What one thing could you do better if you were beginning now?
  2. What would you like to learn more about and why? (Health, social, career etc.)

1.3 Which habit would you like to change the most?

1.4 How would you like your social life to be in the future?

1.5 How would you like your leisure time to be in the future?

1.6 How would you like your family life to be in the future?

1.7 How would you like your career life to be in the future?

1.8 Which qualities in a person do you admire? And would you consider yourself to have these or be capable of developing these? How would you develop them?

2. What does the happiest, most fulfilled version of your life look like in the future? (Across health, social, family, career, leisure and spiritual). Please take some time to answer this fully.

3. What would a future you would wish to avoid look like? (Across health, social, family, career, leisure and spiritual). Please take some time to answer this fully.

4.1 What is your primary health goal right now?

4.2 What is your primary social goal right now?

4.3 What is your primary relationship goal right now (either health or with a romantic partner)?

4.4 What is your primary career goal right now?

4.5 What is your primary leisure / self-development goal right now?

4.6 What is your primary spiritual goal right now (feel free to leave blank if not applicable or do not wish to answer)?

5. How do you feel now after having taken the time to answer these questions? When was the last time you performed an exercise like this and gave yourself the platform from which everything else would be worked from?