

# Insight Questionnaire



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## CONTACT INFORMATION

NAME	
PHONE	
EMAIL	
ADDRESS	
CITY, STATE ZIP	

## GOALS & CHANGES

PLEASE LIST 3-4 MAIN <b>GOALS</b> YOU WANT TO ACHIEVE:	
PLEASE LIST 3-4 <b>CHANGES</b> YOU WANT TO MAKE IN YOUR LIFE:	
<ul style="list-style-type: none"><li>OVER THE NEXT YEAR:</li></ul>	
<ul style="list-style-type: none"><li>OVER THE 3 YEARS:</li></ul>	

## PERSONAL BACKGROUND

WHAT ARE YOUR 4 GREATEST ACCOMPLISHMENTS IN LIFE?	
WHAT ROLE ARE YOU PERFORMING RIGHT NOW THAT YOU ARE MOST PROUD OF?	
WHAT ROLE ARE YOU PERFORMING RIGHT NOW THAT YOU WISH YOU COULD GIVE TO SOMEONE ELSE?	
WHAT IS THE BIGGEST CHALLENGE YOU'VE HAD TO OVERCOME?	
WHO ARE OR HAVE BEEN YOUR ROLE MODELS?	
WHAT MAJOR TRANSITIONS HAVE YOU HAD IN THE PAST 2 YEARS?	

## YOUR LIFE

WHO ARE THE KEY PEOPLE IN YOUR LIFE AND WHAT DO THEY PROVIDE FOR YOU?	
IS YOUR LIFE ONE OF YOUR CHOOSING? IF NOT, WHICH PARTS ARE BEING CHOSEN FOR YOU?	

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WHAT IS YOUR CURRENT LEVEL OF STRESS (1-10, 10 = HIGHEST)	
WHAT ARE YOUR PRIMARY STRESSORS?	
LIST 5 THINGS YOU ARE 'TOLERATING' IN YOUR LIFE	

### YOUR GOALS FOR DEVELOPMENT

IF YOU GET BEHIND ON YOUR GOALS, WHAT WOULD YOU LIKE YOUR MENTOR/COACH TO DO TO KEEP YOU ACCOUNTABLE?	
HOW WILL YOU KNOW WHEN YOU ARE RECEIVING VALUE FROM THE PROCESS?	
WHAT TYPE OF ENCOURAGEMENT OR MOTIVATION DO YOU RESPOND TO?	
WHAT TYPE OF APPROACHES DISCOURAGE YOU?	

### STRATEGIES:

PLEASE RANK THE FOLLOWING USING 1-10 (1= MOST IMPORTANT, 10= LEAST IMPORTANT) WHICH STRATEGIES WOULD BE MOST BENEFICIAL TO YOU?			
BRAINSTORMING STRATEGIES		IDENTIFYING WHO YOU ARE & YOUR POTENTIAL	
SUPPORT, ENCOURAGEMENT, VALIDATION		REMOVING BLOCKS / OBSTACLES TO YOUR SUCCESS	
ACCOUNTABILITY FOR GOALS		WORKING THROUGH SELF-IMPROVEMENT PROGRAMS TOGETHER	
DESIGNING AN ACTION PLAN/STEPS		CREATING A VISION OF WHAT YOU CAN BECOME / ACCOMPLISH	
STRATEGIC PLANNING		DIRECTNESS: ASKING HARD QUESTIONS & CHALLENGING YOU TO MOVE FORWARD	

### POTENTIAL & POSSIBILITY:

DO YOU HAVE A PERSONAL OR PROFESSIONAL VISION OR LIFE PURPOSE YOU ARE MOVING TOWARD? IF SO, PLEASE DESCRIBE.	
WHAT WOULD YOU LIKE TO CONTRIBUTE TO THE WORLD?	
WHAT IS A DREAM/GOAL YOU HAVE GIVEN UP ON?	
WHAT PART OF YOURSELF HAVE YOU GIVEN UP ON?	
ON A SCALE OF 1-10 (10=HIGH), RATE THE OVERALL QUALITY OF YOUR LIFE TODAY.	
WHO ARE THE 3 PEOPLE YOU ADMIRE MOST?	
LIST 1-3 QUALITIES THAT THEY HAVE, THAT YOU ADMIRE:	

### OTHER

ADDITIONAL COMMENTS OR INFORMATION YOU'D LIKE TO SHARE TO HELP US WITH YOUR JOURNEY:	
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