



# Confidential Questionnaire

SELF ASSESSMENT

**FYISEXY™** *FIND YOUR INNER SEXY*

1. COMPLETE 15 QUESTIONS BY SCORING YOURSELF
2. TOTAL YOUR SCORE BY ADDING ALL QUESTION SCORES
3. EMAIL [NICK@FYISEXY.COM](mailto:NICK@FYISEXY.COM) WITH YOUR SCORE AND RECEIVE A NO-COST / NO-OBLIGATION CONSULT TO LEARN MORE



## SELF-ASSESSMENT QUESTIONNAIRE

*"Finding Your Inner Sexy" is a new way to feel more alive, understand yourself, unlock confidence, and enhance intimacy. Our Life Coaches and Confidants are ready to review and soundboard with you!*

**SCORE YOURSELF: (be honest with yourself – TRUST YOUR GUT!):**

**5** means Yes / **3** means Sometimes / **1** means No

1. Do you feel you are living your most authentic life?

\_\_\_\_\_

2. Do you pay attention to what you put in your body?

\_\_\_\_\_

3. Do you keep a journal or diary?

\_\_\_\_\_

4. Do you reserve time each day for yourself?

\_\_\_\_\_

5. Do you feel confident in your beliefs and stand strong for those beliefs?

\_\_\_\_\_

6. Do you live your life by exhibiting passion for something or someone daily?

\_\_\_\_\_

7. Are in-tune with and expressive about your sexual desires?

\_\_\_\_\_

8. Do you prefer “Certainty” over uncertainty in your everyday life?

\_\_\_\_\_

9. Do you prefer “Variety” over consistency in your everyday life?

\_\_\_\_\_

10. Do you feel valued by others in your daily life?

\_\_\_\_\_



11. Do you currently have a “Loving Connection:” an intimate relationship in your life?

\_\_\_\_\_

12. Do you strive for “Personal Growth:” knowledge, self-discovery, or spiritual growth?

\_\_\_\_\_

13. Is “Contribution” important to you: a strong sense of service and supporting others?

\_\_\_\_\_

14. Is your appearance, grooming and physical maintenance a priority?

\_\_\_\_\_

15. Do you think about your style, apparel, accessories, or how you are seen by others?

\_\_\_\_\_

**Add up your score by totaling your numeric responses: \_\_\_\_\_**

**Email score/or questionnaire to: [nick@fyisexy.com](mailto:nick@fyisexy.com)**

**Score of 37 or lower:** By taking the Self-Assessment you have taken an amazing step toward self-discovery and growth. Let’s look at exercises and coaching for developing more confidence, establishing personal goals, and finding your own style. Your inner sexy can be set free!

**Score of 38 – 52:** Your inner sexy is begging to shine. A little coaching or even just sharing some new ideas on how to embrace more of your inner sexy may prove helpful in aligning your desires with your life goals. Keep exploring!

**Score of 53 or higher:** WOW! You have inner sexy at your fingertips. Time with a life coach can reinforce your positive track and maybe sharpen your focus on what you really desire in your life and inner sexy relationships. Make it happen!

## **Learn more about the five rules of FYISexy™**

Confidence      Style      Grooming      Sensuality      Communication

**Grown-up Inner Sexy: Exhibiting confidence in your approach to life, love, and surroundings, with authentic and personal style, in a manner that exudes your individual sensuality and desire to live life to the fullest.**

*Join Erica & Nick as they share stories and knowledge about finding your inner sexy!*

[www.fyisexy.com](http://www.fyisexy.com)