

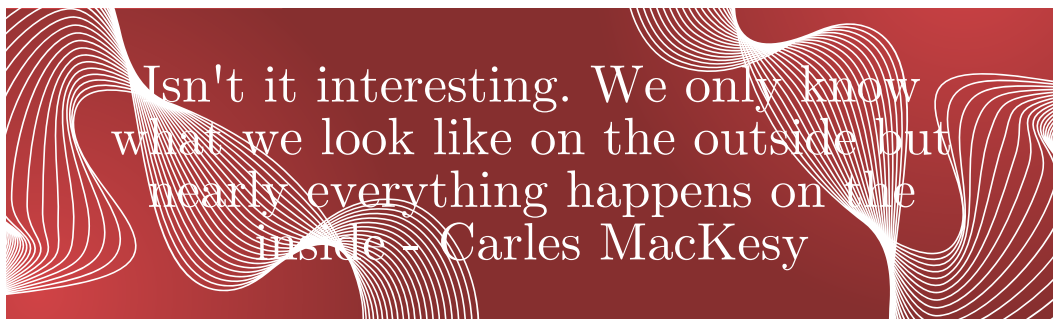
# Recovering Wholeness

Wellness and Wholeness. Restoration and Recovery.  
Spirit, Mind, and Body.



## Data Dance

Before we start, it's good to learn more about yourself and your vision for your life. **Please view these few questions as a getting-to-know-yourself-starter and the beginning of your journey.** There is no judgement, so please feel safe to answer in an authentic way. The deeper the insight, the bigger the breakthrough.



Our external physical appearance only reveals a small part of who we are as individuals. Our everyday life is managed by our conscious mind which makes up only 5% of our mind. Our subconscious minds - *thoughts, feelings, and experiences* - mostly happens out of sight but plays a powerful role in shaping our behaviours, beliefs and responses to life. This is an invitation to look beyond surface-level behaviours and explore the thoughts behind the results .

# Personal Information

Full Names:-

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e-mail:-

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Phone Number:-

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Your Time Zone:-

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# hi-Story

Have you ever been treated for depression?\_-----

On a scale of 1-10 (*where 1 is never and 10 is always*) - how often do you feel anxious?

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Can you recall any incidents involving self-harm?

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Any serious medical issues that you are dealing with right now or can remember? Please specify .

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Are you currently taking any prescribed medication? Please specify.

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What is your average alcohol intake per week?

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Any unhealthy patterns in terms of addictive behaviour that you are worried about?

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Have you noticed any changes in your appetite recently? Please explain.

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How well do you sleep and have you noticed any changes in sleeping patterns lately?

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What is it you would like to focus on right now? It could be a building dream or facing a storm.

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What do you see as your biggest inner obstacle or fear when you start working on these challenges?

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Name one dream or goal you realize you have given up on?

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On a scale of 1-10, how committed are you to making the necessary changes? *10 would be fully committed*

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If you were fully confident that you will overcome your challenges and reach your goals, describe the first strategic step you would take right now?

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What is your understanding of these terms?

Rapid thoughts\_-----

Repetitive thought patterns\_-----

Intrusive thoughts\_-----

Pause your thoughts for a moment. Take time out to visualize how your life story would be different if you had no fear. What would you see around you?

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What would some of the thoughts and beliefs be that you would be familiar with when you're in that place?

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Name some of the behaviours you might see in your life then that you don't see now?

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What are some of your current familiar and limiting beliefs that you can almost expect not to deal with then?

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Which type of relationships would you be embracing or inviting in that place and would there be some of your existing relationships that you would be terminating?

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## The Vision

If you don't feel good about yourself right now, how would you like to see yourself? Imagine yourself in your desired future, write 3 testimonials you would like to hear about the influence you have on others.

- a. **Testimonial A:**
- b. **Testimonial B:**
- c. **Testimonial C:**

What would you like to *embody*? List 3-5 values you want to represent. Briefly explain.

- a. **Value A:**
- b. **Value B:**
- c. **Value C:**
- d. **Value D:**
- e. **Value E:**

Exciting times are ahead!

Thank you for sharing your story and vision with me. I still know just a little bit of your uniquely created person but we have something to start with. I am trusting that you will...

## EXPERIENCE...

**Recovery** and..

**Restoration**..

on your journey to..

**Wholeness** and...

**Reconstructing** forgotten dreams.

