**SURVEY QUESTIONNAIRE**

This survey is not a sale product/service, and the goal is to gain an understanding of how people would set goals and plan for their future.

Information collected is only for the purpose of research and would not be shared with any organization.

Do you give consent for us to call you back for feedback?

YES / NO

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address (Option): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Answer each question as clearly as possible, expressing the best of who you are.

1. Your current position in your career?

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1. What are your main goals and what would you like to work on next?

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1. When sometimes you get “stuck” what advice, or words would you like to get from someone you trust?

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1. What do you want most in your career/job?

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1. What skills or knowledge would you like to develop?

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1. How does your career goal support your personal goal/s?

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1. What support would you need most in moving forward in your goal/s or career?

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1. What are you most passionate about?

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1. What accomplishments must, in your opinion, occur during your lifetime so that you will consider your life to have been satisfying and well lived?

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1. What is the impact you would like to make in your community / country / world?

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1. Write down 2-3 things that are really working for you right now?

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1. What do you do when you feel pressure, anxiety, or stress?

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1. 3. If money and time were not an issue, what would you love to create in the next 5 years?

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1. What’s missing in your life? What would make your life more fulfilling?

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1. Who are the most significant people in your life?

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1. What have been some of the most significant events that have shaped your life? (Describe your top 3)

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1. Tell about a time when you were operating at "peak performance", when things were going well for you, you were "on top of your game", you were pleased with what you were doing or accomplishing. What was going on? Who else was involved? How did you feel? (This is no time for modesty – share openly and deeply, like you were on top of the world!

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Thank you for participating in the research. If your consent to be contacted for feedback was YES, we will call you.

You are welcome to share this survey with your circle.

Elizabeth Nirmala

Ascend Life Coaching/Wellbeing coaching/Merian Wellbeing