



## **WOLFPACK LIFE COACH**

### **Welcome to The Wolfpack Life Coach's Self Discovery Program Questionnaire!**

This program is a haven for exploration and growth, offering you a path to uncover the unique qualities that make you, you. From understanding what truly makes your heart sing to drawing out your inner gremlin, each step is a leap towards deeper self-awareness and authenticity. With us, you're not just discovering yourself; you're learning to live with intention and purpose. Let's start this beautiful journey of self-discovery together!

## **Personal Information**

1. Name:
2. Preferred Contact Method (Email/Phone/Zoom):
3. What motivated you to embark on this Self Discovery journey?

## **What Makes Your Heart Sing?**

4. Can you recall moments or activities that fill you with joy and enthusiasm? Describe them.

## **Troll Travel, Who Am I?**

5. Reflecting on your life, what are five qualities you believe are unique and valuable about yourself?

## **Role Model Confidence Boosting**

6. Think of someone you admire or consider a role model. What qualities do they possess that you value?

7. How do you see those qualities within yourself, or how could you develop them?

### **Personal Values Identification**

8. What are your core personal values, and how do they influence your daily life and decisions?

### **Daily Gratitude Diary**

9. Can you share three things you are grateful for today and explain why?

### **Intuition and Dream Symbol**

10. Have you had any recurring dreams or symbols appearing in your dreams? What do you think they signify?

11. How do you currently engage with your intuition in decision-making or daily life?

### **Draw Out Your Gremlin**

12. If you were to visualize your inner critic or 'gremlin,' what characteristics would it have?

13. Based on your visualization, what strategies can you think of to manage this critical voice more effectively?

### **Final Thoughts and Next Steps**

14. What is one key area of self-discovery you are most excited to explore?

15. Do you have any specific goals you hope to achieve by the end of this program?

16. What are your preferred days and times for our sessions, and do you have a preference between in-person and Zoom meetings?

This questionnaire is crafted to set the foundation for a transformative and enriching experience in the Self Discovery Program, enabling participants to connect with their inner selves, recognize their strengths, and navigate their personal growth journey more confidently.

Your candidness and reflection in answering these questions are greatly appreciated. Please remember, this journey is about growth, discovery, and empowerment, and we are here to support you every step of the way.

With warm regards,

Jyee Byrne  
Psychosocial Recovery Coach

