

LIFE DESIGN

CONFIDENTIAL QUESTIONNAIRE

Welcome to LIFE DESIGN and congratulations on making the decision to take your life to the next level. Your guide and mentor through this journey of self-discovery is Gary De Rodriguez, who is committed to providing you with the resources to produce the results and fulfillment you desire in life.

Welcome to Life Design 1 NLP Practitioner Certification.

The following questionnaire is designed to stimulate your thoughts about what is about to begin: a life by your design. The questionnaire is a key element in clarifying specifically what you desire to get out of the training. We realize that you are committed to getting the most out of your investment and understand that, as with most worthwhile endeavors, what you get out of your LIFE DESIGN experience to some extent is measured by what you put into it. For you to obtain the most from the training it is important that you delve deeply into those areas of your life that has been stopping you and bring to the training clarity about what you chose to focus upon during our time together. Once you set your goals they already begin manifesting. Some people take an hour or so to really hang out and let the answer come to them, some more, some less...allowing yourself to really associate to the feelings of transforming your life as you know it, right now.

My outcome is that you receive the knowledge and awakenings you seek. To begin the process please answer the following questions and know your short term and long term outcomes for your experience in Life Design 1 when you enter the room on July 21st.

LIFE DESIGN INTERNATIONAL

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SECTION I: WHY ARE YOU ATTENDING LIFE DESIGN?

1. What motivated you, or what is your compelling reason, for attending LIFE DESIGN?

2. Describe the ultimate result you desire to learn, change, or reinforce:

3. How will you know if you have achieved your outcome from this program?

4. What are some of your goals:1 month, 3 months, 6 months, and 12 months from now?

SECTION II: WHAT HAS YOUR LIFE DESIGN BEEN ABOUT SO FAR?

5. What has been your primary focus in life? Where have you put the most time and energy?

6: Please describe three (3)events that have shaped your life, and what you learned from them:

Event #1

What I learned from this event:

Event #2

What I learned from this event:

Event # 3

What I learned from this event:

SECTION III: WHAT ARE THE BELIEFS THAT HAVE SHAPED YOUR LIFE?

7. What are some of your most important beliefs about life? (i.e. life is good, life is hard, life is what you make it)

8. What do you believe about people?

9. What do you believe is within your control? What are you responsible for? What is out of your control?

10. What do you believe about love?

11. What do you believe about relationships (with a significant other; family, friends, associates?)

12. Who do you believe you are? How would you identify yourself? If you had to describe yourself to someone else, what would you say?

13. What do you have certainty about in your life?

14. What are you uncertain about?

15. What is most important in your life?

16. What is great in your life today? What are you excited about? What are you proud of?

17. What is missing in your life? What will it take you to get or experience what you want?

18. What is your greatest fear?

SECTION IV. WHAT EMOTIONS DO YOU VALUE OR AVOID?

19. Please make a list of all the typical emotional states you experience at least once a week. Include both resourceful and unresourceful emotions.

Resourceful Emotions

Unresourceful Emotions

20. For at least two (2) emotions on each list, describe a typical situation where that emotion arises and what triggers the emotion. Then, if you have a particular way you either make a good emotion better or get rid of a negative emotion, write down how you do that. Use additional paper if necessary.

[example: Resourceful emotion: Love; Situation: When I see my child; Trigger: Her smile; Enhancer: I tickle her and we both laugh

Resourceful Emotion #1: _____

Situation:

Trigger:

Enhancer:

Resourceful Emotion 2: _____

Situation:

Trigger:

Enhancer:

[example: Unresourceful Emotion: Overwhelm; Situation: When my boss asks for a project I haven't finished yet; Trigger: Hearing his voice; Enhancer: I go outside and take 10 deep breaths]

Unresourceful Emotion #1: _____

Situation:

Trigger:

Enhancer:

Unresourceful Emotion #2: _____

Situation:

Trigger:

Enhancer:

SECTION V:

21. In what areas of your life do you experience the most stress? What creates the stress (be specific)?

22. How do you get out of stress? What “coping mechanisms” do you use to feel better? And, how well does each of them work?

23. What emotions and behaviors do you experience on a regular basis that you desire to transform/eliminate?

24. What are some of the things you do to make yourself feel great? What makes you feel really, really good?

25. If you could design your life exactly the way you want it, how would it be?

26. What are you most grateful for in life?
