

# NEW PARTICIPANT PAPERWORK

## PRE-RESET ASSESSMENT FOR FOCUS, PURPOSE & VISION

In your own words, what issues, symptoms and concerns have brought you here at this time?

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When did these patterns start?

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How have these patterns affected you and your life? (ex: mental, emotional, physiological, relationships, social, sexual, recreational, occupational, etc.)

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What have you done about these patterns so far? What has worked? What has not?

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Now, before moving on, take a moment to place both hands over your heart and let these answers sink in. Through observation and without judgment, allow yourself to be with your feelings and past experiences.

Health and well-being are a balance of many factors that affect us in various ways. Please rate your experience using the scale below: 1 meaning extremely unsatisfied, 5 meaning average and 10 being extremely satisfied.

|                     |   |   |   |   |   |   |   |   |   |    |
|---------------------|---|---|---|---|---|---|---|---|---|----|
| MENTAL HEALTH       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| EMOTIONAL HEALTH    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| SPIRITUAL HEALTH    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| SOCIAL HEALTH       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| PHYSICAL HEALTH     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| SEXUAL HEALTH       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| FINANCIAL HEALTH    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| OCCUPATIONAL HEALTH | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Lean in to what is possible. If you had a magic wand and could transform any 3 things related to your life experience, mind or body, what would they be?

1. 

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2. 

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3. 

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What would you need to let go of to make these 3 things happen?

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What patterns would you need to incorporate to make these 3 things happen?

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When do you feel most disempowered, reflexive, reactive, vulnerable and susceptible to recidivistic choices?

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When do you feel most like your true self, expansive and empower, where it is easiest to make choices you are proud of?

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Now, let these answers integrate. Remember this picture and how you feel in this moment. Allow this creation to guide you, knowing it can always be found within you. This experience is yours, and this journey is for you.

NOT COMMITTED    1   2   3   4   5   6   7   8   9   10   COMMITTED