



Preparation Questions for Ten Minute Consultation

Filling out this form in advance of the ten minute consultation will help you get clarity about the topic you wish to discuss and it will allow us to make the most of the very limited time.

1. What do you want to achieve during this ten minute consultation?

2. Please provide some background on the issue/topic you want to discuss.

3. What is your number one goal for 2010?

4. What challenges are you likely to face as you work toward this goal?

5. Assuming all human beings have some way of holding back or sabotaging their lives, which would be your favorite method(s)?
 - a. Procrastination
 - b. Indecisiveness
 - c. Arrogance/being right
 - d. Acting as a lone ranger
 - e. Tolerating
 - f. Not saying no
 - g. Holding back
 - h. Controlling life/ people
 - i. Following secondary goals (rather than the ones that would give true satisfaction)
 - j. Not telling the truth
 - k. Other _____