



SELF MASTERY QUESTIONNAIRE - VOYAGE OF SELF DISCOVERY -

NAME: _____ SURNAME: _____

CELL NO: _____

EMAIL: _____

KINDLY COMPLETE THE QUESTIONNAIRE AS HONESTLY AND COMPREHENSIVELY AS POSSIBLE



REALWORLD
Training & Development

- 1. What is your current biggest dream?**

- 2. What was your biggest dream five years ago and did you achieve it, if yes, please explain and if not, why not?**

- 3. If you had three wishes: one for yourself, one for someone whose life you touch and one for the world what would they be?**

(Yourself) _____

(Whose life you touch) _____

(World) _____

- 4. What does success look like to you?** _____

5. What are the three biggest changes you want to make in your life?

6. What has been your three greatest successes to date?

7. What has been your greatest challenges/failures to date?

8. On a scale of 1 – 10 how happy are you with your life right now? _____

Why?_____

9. What would you do if you had unlimited resources (list at least 5)?

10. What is so important to you that you are willing to defend it by ALL means?

11. What would the impact be on you and others if you do not achieve your goals?

12. Who is your ideal role model/s and why?

13. What truly motivates you?

14. What demotivates you? (Keeping you from achieving your dreams)

15. How are you going to resolve the challenges listed in 14 above?

16. How can you keep yourself on track? (motivated/self-disciplined)

17. What are your passions?

18. What moves you to tears of joy and sorrow?

(Joy) _____

(Sorrow) _____

19. How do you like to reward/enjoy yourself when achieving your goal?

20. What do you find works for you to release stress?

21. How do you deal with negative people in your life?

22. When last did you disappoint your loved ones and why?

23. What emotion/feeling makes you feel most out of control?

24. How might you sabotage your personal progress and what can you do to avoid/prevent it?

25. List three business/career opportunities you would like to pursue if nothing stood in your way?

26. What are three personal desires that you would like to achieve in the next three years?

27. How would a sibling, close friend, partner or colleague describe you?

28. How do you handle disappointment/rejection?

29. When last did you shed REAL tears and why?

30. What was the turning point/defining moment in your life?

31. What three new skills did you learn in the last three years?

32. List three people who can assist you in pursuit of your objectives?

33. What sacrifices are you willing to make to achieve your objectives?

34. How would you celebrate achieving your goal and reaching success?

35. What are your hobbies/interests?

36. What is the craziest thing you've done in your life?

37. Who energizes you the most and why?

38. If you could invite any five people from the planet (dead or alive) to a special dinner, who would they be and briefly explain why?

39. If you could undertake a road-trip, who would take along with you (no partners please) where would you go, what CD would you play and what car will you drive?

40. Describe your special ideal moment/experience:

Score yourself from 1 (poor) to 10 (excellent) on the following character traits:

NO	SKILLS OR TRAIT	SCORE	WHY?
41	Punctuality/ Time Management		
42	Go-getter/ Self-Starter		
43	Passionate/ Enthusiast		
44	Good Listener/ Empathy		
45	Problem Solver/ Conflict Resolution		
46	Written and Reading Skills		
47	Spoken and Presentation Skills		
48	Positive/ Confident		
49	Persistent/ Resilient		
50	Adversity Quotient/ Exemplary		
	TOTAL		

Finally, how did you find completing this questionnaire?

Please insert/paste two of your favourite photographs that best depicts who you are and where you're headed on your VOYAGE TO SELF DISCOVERY!

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Signature: _____ **Date:** _____