

Your P.A.T.H. - QUESTIONNAIRE

Congratulations and welcome to your ultimate path!

Your answers to these questions will allow me to craft the perfect P.A.T.H. (Personalised Affirmations Theta Hypnosis) for you to stay focussed on the very best in all things—which is exactly what you deserve.

Please answer freely. Being honest with these answers will bring the best benefits because it will empower me to write the most effective coaching script, customised perfectly for you.

Thank you for trusting me with this honour of being your personal empowerment coach.

Ben

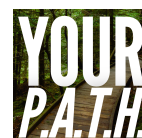
*PS. If you can please select a bright text colour for your answers and take as much space as you need. When you are finished please email your completed questionnaire to **ben@grant-empowerment.com***

Email: _____

First Name: _____

Last Name: _____

How do you pronounce your name?



1. Please share a time/experience when you were REALLY relaxed

For a short moment, and to prepare your mind for the questions, can you recall a time—a moment, day, hour—when you felt completely relaxed?

Describe the feelings of that moment in detail; the sensation of your senses, what you recall about that moment now:

2. What specific goal/s would you like to realise over the next 3-6 months?

3. Have you ever done affirmations before? Either spoken aloud or written down

- a) Yes, spoken
- b) Yes, written
- c) Yes, both spoken and written
- d) No

4. Do you believe in the power of suggestion—that the mind ‘makes real’ what it holds onto or focuses on?

- a) Yes
- b) No
- c) Possibly.

5. What are you ready to change in your life to take it to the next level ie. all your dreams coming true?

- a) Your thoughts
- b) Your words
- c) Your actions
- d) Your expectations about what is possible for you
- a) All the above and more

6. What area of your life do you feel could do with the most improvement

- a) Self-talk/spirituality
- b) Relationships
- c) Health
- d) Wealth/money
- e) Spirituality

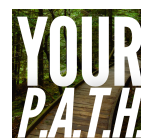
7. If you could wave a magic wand and have one of your goals achieved right now, which goal would you choose? NB. Answer by finishing the prompt, "I have now achieved my goal of..."

8. What is your preferred term for source/energy/all that is?

- a) God
- b) Creator
- c) The Universe
- e) Source
- e) They're all good (and I don't mind which you use)

9. What gives your life meaning? What fills you with purpose and gives you the motivation to become all you can be?

10. If you could change anything in the world what would you change?



SELF TALK

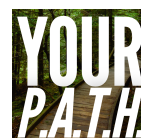
11. Do you believe it is possible to always speak well about yourself? If not, why not?

12. What is the most encouraging thing you tell yourself?

13. What is the most self-destructive thing you tell yourself?

14. Do you ever swear at yourself? If so what do you say?

15. What do you think might be your number 1 limiting self-belief?



16. Are there any circumstances where you are more likely to talk down about yourself?

17. Are there any more limiting self-beliefs you have?

18. Do you deserve to be spoken to well? Why?

19. When would it be okay for you to speak down about yourself?

20. In relation to your self-talk what specific outcomes would you like to achieve with your P.A.T.H.?



HEALTH

21. On a level from 1-10, with 10 being the healthiest you have ever been, how healthy are you today?

22. Why do you love your body?

23. Why do you enjoy eating foods that nourish you?

24. Do you regularly drink alcohol? If so would you like to lower your consumption?

25. Do you regularly eat organic food? If you don't eat organic food are you open to the idea of eating organic food?

26. Do you regularly eat processed food? Why?

27. Does stress ever trigger poor diet choices for you?

28. How often do you meditate?

- a) Daily
- b) Weekly
- c) Occasionally
- d) Never

29. Do you enjoy getting compliments on your physical fitness or the way you look? Why or why not?

30. In relation to your health what specific outcomes would you like to achieve with your P.A.T.H.?



RELATIONSHIPS

Some of these questions are posed as 'affirmations' a particular type of question which is designed to elicit a response to the ideal, for e.g. "Why are you completely fulfilled in your romantic relationship" implies you are in a romantic relationship that is working perfectly.

Even if you are not in a relationship, or if you are and it could do with some attention, please answer these questions with the ideal in mind.

31. Why is it important to accept yourself as you are right now, even if you hope for change in the future?

32. How strongly do you agree with the statement, "Allowing others to be how they want to be allows me to be how I want to be."

- A) Strongly
- B) A bit
- C) Not at all

33. Do you find it easy to find the blessing in all situations? Why or why not?

34. Is it safe for you to express love to everyone you meet? Why or why not?

35. Is the courage to be yourself a super power? Why?

36. Who needs to forgive you for you to be happy?

37. Who do you need to forgive for you to be happy?

38. Why do you attract kind, considerate and loving people into your life?



**39. Do you take full responsibility for all the relationships in your life?
Why or why not?**

40. In relation to your relationships what specific outcomes would you like to achieve with your P.A.T.H.?

WEALTH

41. If money was no question what would you do differently today?

42. If money was no question what else in your life would be different?

43. Do you believe money comes to you when you feel good about yourself?

44. What are your limiting beliefs about money? Write as many as you can think of.

45. What are your empowering beliefs about money? Write as many as you can think of.

46. What is the best thing money has ever allowed you to do?

47. How does having plenty of money feel for you?

48. Do you enjoy sharing your wealth? Why or why not?

49. It's twenty years in the future. You have more money than you ever dreamed. How did you become so rich?



50. In relation to your wealth what specific outcomes would you like to achieve with your P.A.T.H.?

Thinking big! Please add anything else—conditions, feelings, physical 'things'—you would like to manifest? Are there any other specific goals you would like to realise?

Well done!

Now you are finished please email me this completed questionnaire to:
ben@grant-empowerment.com

I will be in touch shortly.

Ben Grant Mitchell
Grant Empowerment Coaching

