

# People Skills International - Ida Greene, PhD 619-262-9951

www.journeytoselflove.com Email: ida@thejourneytoselflove.com

Name:

Date:

Phone:

Email:

---

## **Optional Questions to Answer, Ponder, or Ignore ;) Please be honest with yourself:**

- 1) Do you have any pain in your body?
- 2) What would you like to get out of our time together?
- 3) What is your sleep like?
- 4) How safe do you feel in your bank account?
- 5) Have you ever felt like "damaged goods"?
- 6) Do you ever feel like you are silently suffering?
- 7) What are the most prominent emotions you have felt in the past 3 months?
- 8) Have you ever/do you experience symptoms of anxiety or depression?
- 9) Do you experience feeling true joy and pleasure on a daily basis?
- 10) Are you very gifted at what you do, yet still can't seem to make the money you want to?
- 11) Are you making the amount of money you want to, but have a full plate and sometimes feel depleted and exhausted, feeling like "more success equals more stress"?
- 12) Do you experience "feast or famine" with your money?
- 13) What would your daily life look like if you used your gifts to be truly effective in your own life?

- 14) What would your life feel like if you were making your true impact with your business in the world?
- 15) What city, state and country do you live in?
- 16) Have you ever lost your community, your family, your spiritual or religious community?
- 17) Is there any person or group you have ever been afraid of , or are afraid of?
- 18) Have you ever been a part of a controlling relationship, group, religion, abusive cult, including how you were raised?
- 19) Is there a part of you that is scared to think critically of that situation?
- 20) Do you feel safe to share the relationship of the person, group name or details here?
- 21) What trainings have you participated in within the coaching world, sales and marketing world, transformational healing world etc?
- 22) Do you ever feel "floaty" or not fully present with yourself when in large groups?
- 23) Have you ever been afraid of your own power?
- 24) What would be different for you if you had full access to your power?
- 25) On a scale from 0 - 10 how much fear of failure do you have?
- 26) On a scale from 0 - 10 how much fear of success do you have that you are aware of?
- 27) On a scale from 0-10 how committed are you to showing up for yourself and being the leader of your own life?
- 28) On a scale from 0 - 10 how much do you want to be seen, recognized and respected as a leader in your specialty?
- 29) Anything else you'd like to share?

Thank you for trusting yourself, and trusting me, to even read this and share your answers with me :)  
Dr. Ida Greene, Journey to Self-Love Coach, Email: [Ida@thejourneytoselflove.com](mailto:Ida@thejourneytoselflove.com) 619-262-9951