

# FOUNDATIONS

WHAT **RESULTS** ARE YOU HOPING TO **ACHIEVE** FROM TAKING THIS COURSE?

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

HAVE **YOU** BEEN THE **CAUSE** OF ANY **EFFECTS** IN YOUR LIFE? IF SO, WHAT ARE THEY?

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

**WHERE DO YOU FEEL YOU ARE **STUCK** IN YOUR LIFE?**

1) \_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_

3) \_\_\_\_\_  
\_\_\_\_\_

**WHAT SITUATIONS, PEOPLE OR ISSUES HAVE STOPPED YOU FROM **ACHIEVING** YOUR **GOALS** IN THE PAST?**

1) \_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_

3) \_\_\_\_\_  
\_\_\_\_\_

ARE YOU CURRENTLY **AWARE** OF ANY **OBSTACLES** THAT ARE IN YOUR LIFE THAT MAY GET IN THE WAY OF YOUR ACHIEVING FUTURE **GOALS**? IF SO, WHAT ARE THEY?

1) \_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_

3) \_\_\_\_\_  
\_\_\_\_\_

ARE YOU **COMMITTED** TO COMPLETING THIS COURSE? IF SO, WHAT IS YOUR TIME **COMMITMENT**?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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IF YOU RUN INTO A **BLOCK** AND START TO **AVOID** COMPLETING THE COURSE, HOW WILL YOU **MOTIVATE** YOURSELF TO STAY ON TRACK?

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ARE YOU READY TO **TRUST** AND **GROW** YOURSELF AND RELEASE YOUR INNER **POTENTIAL**? IF SO, HOW DO YOU SEE YOUR **LIFE** CHANGING?

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