



Sacred Leaders Mentorship Program™

Namaste! The following questionnaire has been prepared to support you in gaining maximum benefit from the onset and give a better understanding of where you are today. Please support yourself by answering all the questions as honestly and sincerely as possible. Set commitment time aside in solitude to reflect and respond to each question; take a break between each section if necessary. In each experience with the Sacred Leaders Mentorship Program you will gain as much as you give.

Part I: Personal Profile

Name:

Address:

Phone (H):

(C):

Email:

Date of Birth:

1. In your own words what brings you to the program (250 words or less)?

2. How did you hear about this program (word-of-mouth, Facebook, friend, SWC leader, etc)?

Part II: Your Intention for the *Sacred Leaders Mentorship Program*

1. What is your motivation for participating in this process? (You may check as many as you wish)

- To find a clear answer to the purpose of my life
- I am interested in spiritual development
- I am interested in self-development
- I am interested in ancient spiritual practices
- To understand myself on a deeper level
- To seek support in evolving to a higher Self
- To resolve conflicts in my mind about what I really want and who I am
- To manifest my creative leadership potentiality
- To improve my relationship with self
- To experience a more balanced life; integrating sacred with secular
- To improve my service to work, business, family, community, world
- I'm really not sure what is motivating me right now
- Other, explain

2. What do you expect to gain the most from this process?

3. What do you think you can bring to the Sacred Leaders Mentorship Program?

Part III: Tell Us About You!

1. When are you most loving towards yourself?

2. When are you most neglectful towards yourself?

3. What do you absolutely love to do?

4. If you are not doing what you absolutely love to do, what is stopping you?

5. What is the one thing, which if you had it today, you believe would make your life complete?

6. What are the three (3) greatest strengths/assets you recognize in yourself?

7. What are the three (3) areas for improvement you recognize in yourself?

8. What are the three (3) most pressing issues you are facing today?

9. Please share briefly any event(s) which have affected you deeply, either physically, psychologically, financially or spiritually during the last 12 to 18 months.

Part IV: Let's check your habits and behaviors! 😊

1. Please check the appropriate boxes to indicate related habits or behaviors.

- I currently see my challenges as opportunities for growth (money, food, relationship, power, etc.).
- My mind is preoccupied with the past or the future.
- I have clear boundaries and created standards for how others see and treat me.
- I allow others to decide how my day goes.
- I tend to listen to others so I often don't hear myself.
- I have problems opening up to myself and others.
- I tend to criticize myself and others.
- I measure my worth by my job, bank account, business, family, and friends.
- I acknowledge that I am so much more than my possessions, roles and titles.
- I equate living with fear, struggle or despair.
- I equate living with love, ease or joy.
- I am playing the 'Cinderella role' waiting for someone to rescue me.
- I am happy with myself as I am
- I am in denial about the truth of my personal affairs.
- I have difficulty making decisions.
- Do you know when you are being triggered (emotionally or physically)?

If you have checked any of the above, please provide a brief explanation.

Part V: Let's check your physical condition! 😊

1. Please indicate present, previous or N/A (Not Applicable) to any of these physical conditions.

- I experience myself as overweight?
- I experience myself as underweight?
- There is an imbalance in my reproductive system (e.g., uterus, cervix, ovaries)?
- There is an imbalance in your digestive system (e.g., stomach, intestines)?
- I experience challenges with my skeletal or muscular system (back, joints, muscles, etc.)?
- I experience challenges with my nervous system (e.g., brain, nerves)?
- Do you have or have you experienced any challenges with mental wellness (e.g. depression, extreme mood swings)?
- Have you ever been in therapy? If yes, what type? How did it support you?

Other(s)?

If you have checked any of the above and on medication, please indicate.

Thank you for taking the time to honestly answer all the questions. Your process in the *Sacred Leaders Mentorship Program* has already begun with your sincere responses.

Please email completed questionnaire as indicated below. Completed questionnaire must accompany \$100 commitment deposit which will go towards the full program fee.

Email: aina-nia@obsidianinstitute.com

Electronic Payment in Canada via Email Interac:

Recipient ~ aina-nia@obsidianinstitute.com.

Security Question~ Who is the facilitator?

Answer ~ Aina-Nia