

GENERAL INSTRUCTIONS

This questionnaire will need an hour of your undivided attention in order to experience the maximum results for a self-discovery.

Turn off your phone, find a private place and answer the questions without distractions.

Take time at the end of each group of questions to answer the Reflections.

Take your time and don't rush, there is no time clock

Don't skim through or skip any questions. It won't have the same affect. The questions have been grouped together for a reason.

PART 1 – FAMILY

1. Describe each of your parents the way you remember them as a child
2. How did each of your parents compliment you? What quality in you were appreciated by them?
3. How were you disciplined at home?
4. What did your parents want you to be growing up?
5. If you could change one thing about the way your parents raised you, what would it be?

6. What were some things you were forbidden to do growing up? Did you end up doing them anyway?
7. Do you have a sibling that you feel your parents secretly favored?
8. Where do you rank among your siblings in terms of success?
9. What is your relationship with each of your siblings today?
10. What is your relationship with each of your parents today?

SKILLQUEST
TOWARDS PROFESSIONALISM

PART 2 – YOUTH

1. What's the earliest memory you have of yourself as a child?
2. How did you view life when you were young?
3. How did you get along with your teachers in elementary and middle school?

PART 3 – RELATIONSHIPS & EMOTIONS

1. What kinds of feelings bother you the most?
2. How easy is it for you to trust someone?
3. What are your top three insecurities?
4. What five life changing events have impacted your identity the most?
5. Do you have a tendency of feeling sorry for yourself?
6. How do you react to tough times?
7. Which quality about people do you hate the most?
8. Which quality about people do you love the most?
9. What do you like and dislike about yourself?
10. What would you say is unique about you?

PART 4 – LEADERSHIP

1. Do you have an easy time looking into people's eyes?
2. How do you feel about competition?
3. Do you think you would make a leader worth following? Or are you more a loyal follower?
4. What would be the one award/trophy/distinction you would be love to earn?
5. Do you have an easier time doing business now?
6. Do you believe money is the root of all evil?
7. How do you view rich people?
8. How do you view poor people?
9. Do you secretly hope certain people fail in life? If so, why?
10. Would you consider yourself hard working or lazy?

PART 5 – ASPIRATIONS

1. If there was a worthy cause you'd be willing to give your life for, what would it be?
2. Is there anything you would want to change in the world for the better?
3. What is the number one thing on your current "bucket list"?
4. What's your greatest fear?
5. What are your biggest regrets in life