

Calm the Chaos for Busy Professionals

Pre-Work Reflections

The questions below will help prepare you for the course and allow me to customize your experience so you get the best results from our time together. If you're not sure how to answer, just write what comes to mind - you can't get it wrong. Be assured that your responses are 100% confidential and will be seen only by me.

Name _____ Email _____
Address _____ City _____ Zip _____
Best Phone _____ 2nd Phone _____
Org. _____ Role _____

1. Briefly describe yourself including what you consider to be really important about who you are as a unique individual (e.g. goals, values, achievements, adversities, hobbies, etc.). Try to communicate what you believe are the essential “ingredients” of what makes you.

2. Choose 3 words that you believe best describe you and why you chose them.

3. What 3 words do you think other people would choose to describe you. Why?

4. What aspects of your life and work do you most want to focus on in the course? Share any specific outcomes you want to achieve.



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5. Looking at your responses to the last question, what feels most relevant, burning or urgent to attend to right now?

6. Stress, discomfort & uncertainty often lead us to habitual coping behaviors. Which behaviors don't feel aligned for you and would be better replaced with new skills?

7. What struggles and triggers have you tended to face most recently? Which of these have you put the most time and attention into?

8. What's something fun or surprising that people might not know about you?



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9. Who are the key people you turn to for support? On a scale of 1-10, how often to seek their support? How do you feel about their ability to help you?

10. What brings you ease or comfort? Think about when you feel most like yourself and everything else melts away. Where are you? Who else is around? How do you feel - your energy, mood, mindset?

Optional Note or Thoughts:

