**Clarity Support:**

Thank you booking the Intensive Counseling in Scuol with me.

To offer you the best possible support, I invite you reflect on your difficulties and your desires.

Answering these questions can help you become more clear about where you are now and where you want to go.

They also help me to understand you before we meet, so that you can benefit from a revealing and insightful Intensive.

It may take you about 10-15 minutes to answer the questions. Don't hold back in being as blunt and straight-forward as you want. I don't judge and nothing you write can induce negative ideas about you.

All your answers and our talks are strictly confidential.

Please send this questionnaire back to me at info@martina-famos.ch

I look forward to meeting you in Scuol!

Sincerely,

Martina

1. How happy are you with your life right now? From 1-10?

2. If I was not a counselor but a fairy with a magic wand, what would you ask for?

3. But instead, what seems to never be coming true in life, and continually repeating itself?

4. Describe how your life would look like if magic could eliminate this particular problem and your life would be a 10 or even a 12!

5. But I’m a counselor and not a fairy, which doesn’t hold me back from doing magic in mundane ways :)) however, which change in attitude, ways of being, or skills do you think you need for improving your life for it to become a 10 or even a 12?

6. How would your life look like in 8 years from now, if you wouldn’t do anything for it to change? (Think of your health, your relationships, your emotional life, your career, your life quality as a whole).

7. How important is it for you to improve your life? From 1-10?

8. Do you feel someone or something in your life is holding you back from moving in the direction you desire? Or do you even feel someone is responsible for the situation you are in?

9. How did you find me and why did you choose me?

10. I believe you have invested a lot of time, energy and money in your career path throughout your life. Have you in the past also invested in improving your personality and life through counseling, coaching, or through similar resources?