A brief self-reflection questionnaire

1. What brings you here today?
2. What are you looking to get out of the services?
3. What types of concerns do you have or obstacles you are struggling with?
4. What have you done so far to try and make changes pertaining to your health and wellness?
5. What do you think it would take for you to follow through with some of the goals you are working towards?
6. What do you know doesn’t work for you?
7. What makes this time different?
8. What are you willing to change to be successful?
9. If you have a set-back how will overcome that obstacle and grow from it?
10. How do you picture this ending?