

## **Core Desires Questionnaire**

**Q1: Where would you live if you had no limitations?**

**Q2: Describe your home (size, # of bedrooms and bathrooms, kitchen, living room, great room, home gym, outside surroundings, landscape, pool, near the ocean or mountains, the ambiance, décor of the house, etc.)**

**Q3: What time would you wake up and get going?**

**Q4: What is the first thought in your mind after waking up?**

**Q5: What would you do after getting out of bed?**

**Q6: What breakfast would you have? With whom? Where?**

**Q7: What time would you start working?**

**Q8: When, where, and with whom would you have lunch?**

**Q9: What would you talk about over lunch assuming you have it with someone?**

**Q10: How would you spend your evening? With whom and where?**

**Q11: What is your relationship with your spouse (if you are married) and your children?**

**Q12: How would you end your day and what is your last thought before going to bed?**

**Q13: What kind of physical state are you in?**

**Q14: What is your spiritual yearning?**

**Q15: What is your relationship with your friends and colleagues?**

**Q16: What would you do to fulfill your life?**