**QUESTIONNAIRE**

Hello and greetings,

Kindly answer the questions down below, save them and send them back to me. Feel free to keep a copy for your own reference and observe your improvements. ☺

If you are not sure about some of the answers, it is fine. Just write so. (please answer in another colour if possible so that it could be easily distinguished/read.)

1. Please write your personal information\* (Name, Gender, Date of birth (or age), E-mail address, Phone number (or WhatsApp number), the country and city of your residence, and your occupation.)

\*Please see our confidentiality statement and our code of ethics at the end of this document.

1. Please write a short biography of yourself. (your family life, education, important experiences, possible traumas, etc.)
2. What are the 3 things you like/enjoy/appreciate the most in your life?
3. What are the 3 things in your life that you would rather change? And what would you like to change them to, if you were able to?
4. Please write down at least 3 and up to 10 things you do to pamper yourself/make yourself feel good about you and your life.
5. Any specific phobia you might be suffering from?
6. What are your top 3 most desirable places (whether in physical realm or in dream/imagination) to go to when you want to feel good?
7. From the scale of 0 to 10 (Zero being the lowest and 10 being the highest possible level), please give a number in these qualities in your life:
* Self-love
* Self-appreciation
* Self-respect
* Happiness
* Wellbeing
* Peacefulness
* Feeling safe
* Feeling respected and valued
* Abundance (financially)
* Abundance (in general)
* Ability to live life and handle/enjoy its up and downs in a satisfying way
* Being in charge of your life
* General satisfaction with your life/path
1. Please write what you expect to achieve from our session(s) together. (It is fine if you don’t know what to expect.)
2. What is your goal in life? (It is okay if you don’t know yet/don’t have any.)
3. Do you have any special questions you would like to find answers for in our sessions?
4. Anything you would like to add?
5. Are you in a fairly stable and functioning state of mind physically and mentally? (Please notify us anytime you feel there is any acute and urgent physical or mental issue that could affect your ability to undertake a session.)

**This question is for those on the category of Act of kindness with donation/discounted offer sessions. Although anyone else can also participate if they wish to as well:**

1. If you have accepted an offer of a discounted/donation-based/gifted session in an exchange for an act of kindness, please let us know that you have done your act of kindness (or have started it) in here. We would also appreciate to know about the essence of the act of kindness you have performed. \*\*

 (Apart from any other benefits, it will have an extremely positive effect on your own session).

 \*\*It is preferred that you do **not** share specific names or personal information. We mainly would like to know and rejoice about the essence and nature of your act of kindness. So please share as much as it feels comfortable for you without compromising anyone. We keep the right to use what you share or parts of it or some adaptation of it, **(This only applies to this section “acts of kindness” and not the personal information that you have shared previously)** in our later “feel-good/uplifting/inspiring” projects such as books, blogs and so on, anonymously, unless you specify that you do not wish us to do so here:

ALL THIS INFORMATION WILL BE TREATED CONFIDENTIALLY AS PER OUR *CODE OF ETHICS* in TinaLight:

* We maintain our integrity and treat our clients with respect. We expect the same from our clients.
* We maintain objectivity and a non-judgmental and compassionate attitude towards our clients.
* We maintain strict confidentiality within the client/facilitator relationship, always provided that such confidentiality is neither inconsistent with the facilitator’s own safety or the safety of the client, the client’s family members or other members of the public nor in contravention of any legal action (i.e. criminal, coroner or civil court cases where a court order is made demanding disclosure) or legal requirement (e.g. Children’s Acts).
* We do our best to support you and design your sessions to manifest a better version of you, and treat you with utmost compassion, understanding and kindness possible. However, by signing this form, you agree that in all levels of our interaction, you are in charge to make your own decisions and are fully responsible for the journey you undertake and the results you achieve. In brief, you will be fully supported whenever you are not clear, cannot make a decision and need clarity on some issue/subject, but the actual decision making is yours and yours only).

Name

Date

Thank you! We hope you enjoyed answering these questions. If you have any questions, you are welcome to let us know. ☺