

## SURVEY FOR JOURNEY TO THRIVING

Always feel this way	Sometimes feel this way	Never feel this way
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I'm too busy for quiet time to think about where I'm going.

There is no way I can create the life I want right now.

There are some voices inside my head that are very critical of me, and I'll never get them to quiet down.

Sometimes I feel there's a happy person inside of me who wants to get out.

My biggest fear is that I'll never get my life together.

Bad things always seem to happen to me.

I'll never figure out who I am or what I want to be when I grow up.

I don't take any big risks. Life is too scary.

Abuse has always been in my life. I can't do much about it.

It's hard to find other people who have gone through what I have and want to change their lives.

Taking time for me is a selfish thing to do.

*If I could change one thing about my life, I'd ...*

*If I had \$10 million and all the time to do whatever I wanted, I'd ...*