*Take a few minutes to answer each question. Don't over think it. Just write what comes to mind and be honest. The more real and open you are, the more success you will have with this program. Please email your answer back to* [*lindsay@lindsaybuchancoaching.com*](mailto:lindsay@lindsaybuchancoaching.com) *before our session.*

1. **On a daily basis, what are your three most common feelings?**
2. **Why do you think you have these feelings on a daily basis?**
3. **What would you like your top three feelings to be?**
4. **Why?**
5. **How would your results change if you changed your top three feelings? Would you keep any the same? Why?**

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