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 Holly Stokes, “The Brain Trainer” NLP Coach
 503-351-8021
www.ExpandingPotentials.Net

Beliefs Quiz – Business

Life is an expression of our beliefs! What beliefs are getting in your way? Take this brief quiz to begin identifying beliefs that are stopping you. With advances in applied psychology, we can upgrade your beliefs quickly and effectively, and create beliefs that support your goals.

Instructions: Fill in the blanks with the first thing that comes to mind, these are your associations. This gives you much more information than filling out the form intellectually or being politically correct! For numbered items, rate your responses 1-10, *10 being high, or that you completely agree*. Assess your beliefs in areas of: relationships, money, career, health, & life enjoyment.

Business & Success

- Creating a profitable business takes _____, _____, _____
- People who have created a successful business are _____
- In order to be successful, I must _____, _____, _____

It is possible for me to create a successful business	1 2 3 4 5 6 7 8 9 10
I deserve to have a successful business	1 2 3 4 5 6 7 8 9 10
It is worthwhile and good for me to have this	1 2 3 4 5 6 7 8 9 10
I have the capabilities necessary to achieve it	1 2 3 4 5 6 7 8 9 10
What I need to do is clear and appropriate	1 2 3 4 5 6 7 8 9 10

If only I were more _____, it would be easier for me.
 What else could/does get in the way of creating the successful business that you want?

Money & Finances:

What is your goal in regards to money and finances? _____

Describe your relationship with money: _____

- Money is _____, _____, _____
- Having money means _____, _____, _____
- Not having money means _____, _____, _____

It is possible for me to have the money I want	1 2 3 4 5 6 7 8 9 10
I deserve to have the money I want	1 2 3 4 5 6 7 8 9 10
It is worthwhile and good for me to have this	1 2 3 4 5 6 7 8 9 10
I have the capabilities necessary to achieve it	1 2 3 4 5 6 7 8 9 10
What I need to do is clear and appropriate	1 2 3 4 5 6 7 8 9 10

What could get in your way of creating the financial situation you want? _____

If only I were more _____ this wouldn't be a problem.

Creating A Fulfilling Career:

What is your goal in regards to creating your fulfilling career? _____

If you didn't have to create an income, what would you spend your time doing and why?

- Working means _____
- Having to work means _____
- Making enough money means I have to _____

It is possible for me to have the career I want	1	2	3	4	5	6	7	8	9	10
I deserve to have the career I want	1	2	3	4	5	6	7	8	9	10
It is worthwhile and good for me to have this	1	2	3	4	5	6	7	8	9	10
I have the capabilities necessary to achieve it	1	2	3	4	5	6	7	8	9	10
What I need to do is clear and appropriate	1	2	3	4	5	6	7	8	9	10

If only I were more _____, I could do what I want.

What else could get in your way of creating the career you want? _____

Physical Health

My health goals are: _____

- Good health means _____
- People who have good health are _____
- People who have poor health are _____

It is possible for me to have the health & body I want	1	2	3	4	5	6	7	8	9	10
I deserve to have the health I want	1	2	3	4	5	6	7	8	9	10
It is worthwhile and good for me to have this	1	2	3	4	5	6	7	8	9	10
I have the capabilities necessary to achieve it	1	2	3	4	5	6	7	8	9	10
What I need to do is clear and appropriate	1	2	3	4	5	6	7	8	9	10

If only I were more _____, I could have the health I want.

What else could get in your way of creating the health/body you want? _____

Life Enjoyment

- Enjoying life means _____, _____, _____
- People who really enjoy life are _____, _____, _____
- In order to enjoy life more, I must _____, _____, _____

It is possible for me to enjoy life	1	2	3	4	5	6	7	8	9	10
I deserve to enjoy life	1	2	3	4	5	6	7	8	9	10
It is worthwhile and good for me to enjoy life	1	2	3	4	5	6	7	8	9	10
I have the capabilities necessary to achieve it	1	2	3	4	5	6	7	8	9	10
What I need to do is clear and appropriate	1	2	3	4	5	6	7	8	9	10

If only I were more _____, I could enjoy life more.

What else could/does get in your way of enjoying your life? _____
