

# The Alchemy Experience Challenge Questionnaire

## Introduction

Welcome and congratulation! You have decided to venture down a path and embark on a journey that is reserved only for those who are ready for it. You are ready for change and realise that you are the only one with the power to take you through it.

This questionnaire does not have any right or wrong answers. The questions exist to challenge you to ask more questions and to challenge you to start challenging your perception of yourself and the reality within which you exist. It is only when we do this that we have any chance of moving forward. You are already perfect in the moment of time, but your perfect today will be a different perfect tomorrow, so ponder what your perfect self in the future looks like.

## Passion

1. If you had unlimited time and resources, would you be doing what you are doing today? If no, what would you do instead?
2. Looking back at your childhood (before about 8 years of age) what did you love doing the most?
3. What was it about that activity that you had a true passion for? Break it down to the core essence of the activity, e.g. horse riding could be taking care of animals.
4. Do you still do today what you loved doing as a child? If not, why?
5. If you are still engaged with what you loved doing as a child, is it a hobby or your profession?
6. If you are doing it as a hobby, have you thought about pursuing it as a profession? If not, what has been stopping you?
7. If you are not engaged in your true passion in your professional life, what is it in your job that captivates and motivates you?
8. If you took away the aspects of your current job that motivate you, would you stay or would you look for something else? Why?
9. Are you unequivocally happy and joyful?

## Work vs. life balance

1. How many hours per week do you spend working? Including the time you check emails, answer phone calls and texts, etc. outside of the office.
2. Do you give yourself electronic holidays, i.e. time during the day when you shut down all electronics and screens, including your TV?
3. Do you think you have a good work vs. life balance? Please motivate your answer.
4. Do you schedule time every day for; a) exercise b) alone time/reflection c) time with family and/or friends d) time outside?
5. Do you have a good division of household work with the person(s) you live with? If not, why do you think that is and in whose "favour" is the imbalance?
6. Do you feel you have enough time for your hobbies, if you have any?
7. Per week, how much time do you spend in front of screens in the time you are not working, i.e. TV, computer, mobile phone/tablet, etc?
8. Do you regularly work weekends in addition to your regular work week?

## Mental hygiene

1. When you experience extended periods of stress, how do you decompress from it?

2. What is your first reaction when you find yourself in a stressful situation?
3. Do you have a regular routine to work through issues?
4. Would you say you communicate your feelings well to those that matter to you? Are you able to hear them when they communicate with you?
5. Do you tend to hold on to negative feelings?
6. When you are hurt by others, do you communicate how you feel or do you let it pass without any action?
7. Do you normally take sides in conflicts?

## **Your place in the community**

1. Do you consider yourself a charitable person?
2. Are you involved in direct action altruistic activities?
3. When you see people that are different than you (socially, racially, age, gender, etc.) do you have a pattern of immediate thoughts that come to you?
4. Do you follow the “norm” in your community?
5. Do you consider yourself a contributing member of your community?
6. Do you feel that you are a separate entity in a community or there is no separation between you and your community?
7. Would the opinions of your community hold you back from doing something that mattered to you?
8. When encountered by a beggar, homeless person or other person without means looking for help, what is your first thought? How do they make you feel inside? What action do you take, if any?

## **Internal vs. external**

1. Would you agree that life happens to you?
2. Do you typically blame external factors for your circumstances?
3. Do your mistakes and failures upset you and do you hold on to that upset for a long time?
4. Is happiness something you have to work hard to achieve?
5. What do you believe is our natural state of emotional being?
6. Who or what controls your life and your destiny?

## **Attitudes**

1. How would you describe yourself?
2. Does that description make you feel good?
3. If how you describe yourself doesn't make you feel good, what do you think you can do about it?
4. Do you agree or disagree with the statement “you are what you think, say and do”?
5. Do you feel that any negative thoughts you have towards others or life in general are justified?
6. Do you feel that these negative thoughts are serving you and helping you in life?
7. Do you believe we need to have some degree of negativity in life to protect ourselves? If so, why?
8. Do you believe you have any degree of control over your life and your destiny and thus are you responsible for how you end up living your life?