

**During the past 3 months:**

Are you happy with things in general at the moment? Y / N

Why?

.....  
.....

a) What has been your income?.....

b) What has been your direct business expenditure?.....

What is your **gross profit** (a-b)?.....

How many days off (excl sickness) have you had in the last 3 months, totally away from the business?

. .....days

How many hours have you spent working *on* your business this period, not *in* the business?

..... hrs

How happy are you with the way your business is at the moment? (circle as appropriate)

Happy      OK      Sad

How positive do you feel about the future? (circle as appropriate)

Happy      OK      Sad

What has been your main challenge during the last period?

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.....  
.....

In what areas do you feel you have personally grown during the last period?

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.....  
.....

**On a scale of 1-10, how do you rate:**

Your personal growth this quarter? .....

Your business understanding this quarter? .....

Your business financial understanding this quarter? .....

Your inner health this quarter?.....

Your outer health this quarter? .....

How many hours this quarter have you spent on education? ..... hrs