



Empowering Your Life by Enriching Your Mind
ZENITH SELF MASTERY



MENTORING PROGRAM

INFORMATION AND QUESTIONNAIRE TO ASSESS SUITABILITY AND COMPATIBILITY



Quality Self Mastery for
Serious People who want Success

Zenith Self Mastery

www.zmalci.com

Mentoring Program – Important Information

Quality Self Mastery for
Serious People who want Success

In order to assess your suitability to be mentored, and my ability to assist you in your chosen goal, we need to examine whether we will be a suitable fit for each other, or not. And it will all be on a **STRICTLY CONFIDENTIAL BASIS**.

There is no point in entering into a partnership of mentor and mentee if either party is unwilling or incapable of working in a symbiotic relationship.

To that end, please complete and return the following short questionnaire as soon as you can to the email address given below. Based on your (honest) responses to the questions asked, I will make a determination on whether I will be able to help you to move forward and succeed, or not.

Please note that I am not agreeing to do ANY of the work for you. **You are responsible for that.** But I *will* guide you, to the best of my ability, to enable you to succeed in your chosen field. I also reserve the right to stop mentoring you if you continually fail to help yourself because, in that event, we will both be wasting each other's time.

You can contact me via email at: budo@iinet.net.au. Please insert in the subject line your name and my name in capital letters with the word Mentor at the start. Example: **Mentor – John Smith to GARY SIMPSON**. If you do that then I will be sure to see it among all the rubbish I receive every day via email.

Over to you.

Gary Simpson

Zenith Self Mastery

Mentoring Program – Short Questionnaire

Quality Self Mastery for
Serious People who want Success

1 – What are you trying to achieve? Please explain it in a few short sentences:

.....
.....
.....
.....

2 – What level of success have you had so far? Again, just a few short sentences:

.....
.....
.....
.....

3 – What further skills do you believe you need to achieve success? Please list them below:

.....
.....
.....
.....

4 – On a scale from 0 to 10, how do you rate your current ability in your chosen goal?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

5 – On a scale from 0 to 10, how do you rate your current knowledge in your chosen goal?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

6 – Are there any ‘barriers’ currently preventing you from attaining your goal?

YES	NO
-----	----

7 – If you answered ‘YES’ to the question above, what are they?

.....

.....

.....

.....

8 – Do you have a mentor, or a coach? Or have you ever had one?

YES	NO
-----	----

8.1 – In what?

8.2 – For how long?

9 – Do you think that having a mentor will assist you in your goal?

YES	NO
-----	----

9.1 – If you answered ‘YES’ to the question above, why have you not sought to find one until now?

.....

10 – What are the last three books you have read, and when?

10.1

10.2

10.3

11 – How many minutes (approximately) do you spend physically exercising per week?

12 – Roughly, how many minutes of TV do you watch per week?

13 – What are the TV shows that you normally watch?

13.1

13.2

13.3

14 – Do you believe that any of those TV shows assist you in any way, apart from providing some form of relaxation?

YES	NO
-----	----

15 – Do you watch TV ‘news’ or ‘current affairs’ programs on a regular basis (eg 3 or more times per week)?

YES	NO
-----	----

16 – If you answered ‘YES’ to question 15, what programs are they?

16.1on station

16.2on station

16.3on station

17 – Do you believe that any of those TV ‘news’ or ‘current affairs’ programs assist you in any way in your life?

YES	NO
-----	----

17.1 – If you answered ‘YES’ to question 17, how do they assist you?

.....

17.2 – If you answered ‘NO’ to question 17, why are you still watching them?

.....

18 – Do you believe you are teachable/coachable?

YES	NO
-----	----

19 – Do you drink soft drinks (eg Coca Cola or Pepsi, or similar)?

YES	NO
-----	----

20 – Have you ever practised a martial art?

YES	NO
-----	----

21 – If you answered ‘YES’ to question 20, which art? And for how long?

21.1 – Art?

21.2 – How long?

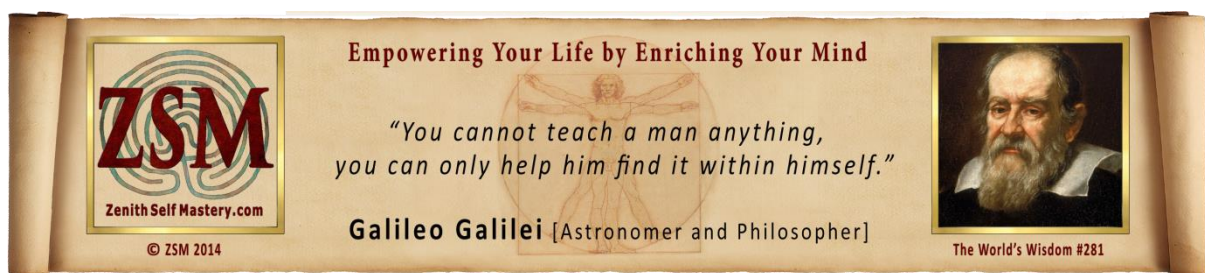
22 – Are you currently consuming any **NON**-prescription drugs?

YES	NO
-----	----

23 – Do you believe in the power of positive thinking and positive mental imagery and reinforcement?

YES	NO
-----	----

24 – What is your opinion on this quote by Galileo Galilei?



.....

.....

25 – YOUR CONTACT DETAILS:

- Name:
- Residential address:
-
- BEST email address:
- Skype address:
- Date:
- BEST method to contact you:
- BEST day and time to contact you (note: if this is via email there is no need to reply to this question)

[PLEASE NOTE: None of this information will be shared with anyone]