

XPR Assessment Process

How willing are you to lighten up?

What is your name? _____

The logistics:

- a. Thank you for requesting this XPR assessment.
- b. What is to be assessed?
 1. On your part, it will give you a deeper sense of what is at play and what may be possible via the Path of XPR for you at this time.
 2. If taking this assessment live, as an interview, it will give both of us a way to connect further and to strengthen our friendship.
 3. It will also help us to determine together if you are **RAW** (as in **Ready Able Willing**) to engage on the **Path of XPR!**
- c. The live interview may take up to one hour. There is no right or wrong answers. Just speak from your heart; your honesty will light your path.
- d. Before we begin, do you have any questions for us?

It is our vision that this assessment will be of best service and guidance in your journey to the knowing of your *natural* integrity—"IntegriTREE." You are welcome to take this assessment on your own at no charge. If you choose to have the guidance of a XPR Advisor, half of the \$100 suggested donation for this service will be credited towards the next step you take in hiring our services—either as our intro class, group course or one-on-one coaching programs.



Permission requested to use that image.

Ready? Set? Go... and let's have fun!

A gift for the two of us:

First, we would like to hear from you a 2-min. biographical sketch:
please share briefly with us what you would like us to know about you.

Know Thyself:

“There is a difference between learning via the intellect (studying the taste of an apple) and learning via experience (eating an apple). When I know an apple or anything experientially, I know it 100%.” (Yet to really taste an apple, I have to let go of my judgments about what an apple tastes like. That ability goes with embodying integrity—the quality of being 100%.)

- How true is the above statement (in black) for you (scale of 1 to 10, with 1 being *not at all* and 10 being *absolutely*): _____

Awakening—Life’s Purpose:

“Understanding intellectually that we are One is a great beginning; sustainably having the experiential (embodied) knowing that we are One is life’s **ultimate goal.**”

- How true is that statement for you (scale of 1 to 10, with 1 being *not at all* and 10 being *absolutely*): _____

Would you like to have a feel for how to transcend the illusion of separation that is robbing you of your power? If so, please pick an area [family, food/health, sex /relationship, money/career, voice/uniqueness and enlightenment] and finish the following sentence: "I wish my [blank] would [blank]."

1. To which degree do you believe that it is possible during this lifetime to reach the goal of being fully awake (scale of 1 to 10, with 1 being *not at all* and 10 being *absolutely*): _____

2. How much do you want to reach the goal of being fully awake/100% real (scale of 1 to 10, with 1 being *not at all* and 10 being *absolutely*): _____

3. If you were to hire a trainer to get your body in shape, it is likely that s/he would ask you how often you plan to come to the gym. The more you show up, the greatest your chance of success. Similarly, enlightenment is not going to happen *because* of your doing, yet it won't happen *without* your doing. If you engage with us, you will be invited to the "gym of the soul." How much time per week are you willing and able to dedicate to the goal of being fully awake/100% real: _____

5. How do you feel now? What showed up for you?

YOUR Transformation:

1. What is the biggest issue(s) you have that you would really like to address?

2. What have you done up to now to address this?

3. "ALL complaints in the physical world stem from uninvestigated beliefs (body follows mind). That includes 'complaints' with family, food/health, sex /relationship, money/career, voice/uniqueness and enlightenment."

- How true is that statement for you (scale of 1 to 10, with 1 being *not at all* and 10 being *absolutely*): _____

4. "When awakening beyond the mind that separates, we then have the power to effect holistic and sustainable transformation (we fully love what is and know ourselves to be One with everything)."

- How true is that statement for you (scale of 1 to 10, with 1 being *not at all* and 10 being *absolutely*): _____

- How ready are you to do what it takes to stop suffering? (scale of 1 to 10, with 1 being *not at all* and 10 being *absolutely*): _____

- To which degree are you willing to take FULL responsibility for the part(s) of you that are still invested in separation? (scale of 1 to 10, with 1 being *not at all* and 10 being *absolutely*): _____

- With the nature of this invitation, there is the possibility to go unconscious and to hide. If at some point of this interview, that were to happen, what would you like for me to do as your advisor? In other words, do you want me to let you go, do you want me to challenge you and make a stand for you?

Our Partnering Today

- What “fruit of truth” did you harvest today? What insights are you taking home? What changed for you in that exploration?

- To which degree do you believe me when I promise you that the path of XPR can be of authentic assistance to your resolving sustainably your current issues? (scale of 1 to 10, with 1 being *not at all* and 10 being *absolutely*): _____

Great! Then let’s move together to **the Path of XPR** offerings...