

## **SELF-ASSESSMENT QUESTIONNAIRE:**

### **In preparation for the Camino de Santiago**

This self-assessment questionnaire is designed to encourage you to reflect on your life and its direction. View it as a snapshot of this moment in the ongoing journey of your life. In the busyness that surrounds us we often fail to take stock of where we are headed and our changing roles in the unfolding drama of our life story. You might find it useful to answer these questions in quick succession as this may allow a more intuitive response. Afterwards, you can reflect more deeply and check if your intellectual answers confirm these, change them or bring in other insights. You can download free pdf. copies of this questionnaire from the Camino Guides web site – make an extra one so that you can repeat the exercise on your return. You might find it useful to do this on a regular basis – an annual internal audit?

- How do you define pilgrimage, what does it mean to you?
- When did you first become aware of a desire to go on the camino?
- How long has it taken you to actualise this dream?
- What is your motivation and has it changed since the original impulse?

How do you rate your current experience in the following areas of your life:

- Awareness of your inner world
- Confidence with your intuitive sense of knowing
- Clarity on what inspires you
- Capacity to fulfil your potential and live your passion
  
- What do you see as the primary purpose and function of your life?
- Are you fulfilling this purpose – what is your current experience?
- What are the joys and challenges in working towards your full potentiality?
  
- How do you define spirituality – what does it mean to you?
- How is your spirituality expressed at home and at work?
- In what way, if any, are you interested in developing this inner exploration?

How aware are you of the following:

- Response to authority in yourself and others
- Ability to witness and observe your own behaviour
- Ease with asking for and receiving support from others
- Ability to resolve conflicts with others
- Awareness of your own resistance and patterns of defence