



Point of Departure (PoD) & Point of Arrival (PoA)

Personal Assessment Form

Overview

The following form is called a PoD/PoA Personal Assessment Form.

It is used to create a personal snap shot of your current mental states of wellbeing and personal development.

This snap shot is then used as a basis for a discussion to deepen our understanding of your strengths & weaknesses and your personal profile.

There is no right or wrong way of completing this form.

There is only the free flowing of your pure expression.

We recommend you have a think about the following questions and then write straight from your heart, as if you were writing to a best friend.

Please consider the following:

Point of Departure (PoD)

Where do you want to move away from (your point of departure - PoD) in emotional and personal development terms?

What things frustrate you and/or hold you back from being the real you?



What do you wish you could emotionally and mentally overcome?

What personal issues remain unresolved from your past and that you wish you had resolved then?

How does this affect you? Please describe this in your own words as best as you can taking as much space as you need to express yourself...



Point of Arrival (PoA)

Where do you want to get to (your point of arrival - PoA) in emotional and personal development terms? -

What would it be like to be free of these issues?

What would you be like if you were not frustrated or held back? -

Who is the real you? -



What is the ideal you?

Please describe this in your own words as best as you can taking as much space as you need to express yourself..

Notes



Personal Bench Mark (PBM)

How will you know when you have got there?

What will you look like?

How will you feel?

What way do you talk to yourself, now?



How do you stand, move or speak?

What are you wearing?

How do you behave?

What evidence will you see, feel and hear when you have got to your point of arrival? How will you know?



This is your bench mark telling you, you have arrived (at your PoA).

Please describe this in your own words as best as you can taking as much space as you need to express yourself...

Anything Else you wish to Share?

PS THERE IS NO RIGHT OR WRONG WAY TO DO THIS. YOUR PERSONAL PURE EXPRESSION WILL GIVE US ALL THE INFORMATION WE NEED TO HELP YOU UNLOCK THE BEST VERSION OF YOU