

# *Heal Your Life® 2 Days Workshop*

## QUESTIONNAIRE FOR PARTICIPANT

Workshop is guided by : Jasmine Cheong (Trainer) and Yu Kim Beng (Leader)

- i) Name .....
- ii) Name you want on your nametag for the workshop
- iii) Name you want on the certificate

### **Preparation for the workshop**

1. Briefly describe your experience with the work of Louise Hay.  
How has it helped you personally? It's alright if you do not know about Louise Hay.
  
  
  
  
  
  
  
  
  
  
2. Have you done any healing work previously (*i.e., inner child work, emotions releasing....etc*)
  
  
  
  
  
  
  
  
  
  
3. How would you like to grow with this workshop?
  
  
  
  
  
  
  
  
  
  
4. Briefly describe your childhood.

5. Briefly describe any challenge in your life right now (i.e., health, career, relationship).  
How are you working with it?

6. Are you currently in therapy or have you been in therapy during the last 5 years?  
If yes, please explain.

7. Are you having any challenges in health? (If yes, please specific)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

8. Do you have asthma? YES / NO (Please Circle)

9. Do you have heart problem? YES / NO (Please Circle)

10. Are you currently taking tranquilizers, barbiturates or benzodiazepines? YES / NO (Please Circle)

11. Currently or in the past, do you have acute stress reactions, panic attacks, acute anxiety or mental disorder? (Please explain, When? Caused? How do you heal yourself?)

#### Other Information: Things to bring

1. Journal or notebook
2. Sweater to keep your body warm
3. (Optional) Family photo - consist of yourself, siblings and parents and grandparents (if they lived together during your growth)
4. Your childhood photo (age 3 to 8 years old)
5. Personal items that make you feel safe and comfort (e.g teddy bear, doll or pillow..etc)