

*Successful Solutions Lifecoaching.com*



Hello and welcome  
to the Feeling Trapped in Life?  
***QUESTIONNAIRE!***

## QUESTIONNAIRE:

*The materials contained in this Questionnaire do not constitute legal or other professional advice on any subject matter. We do not accept any responsibility for the topicality, correctness, completeness or quality of the information provided. Liability claims regarding damage caused by the use of any information provided, including any kind of information which is incomplete or incorrect will therefore be rejected.*

Using a scale of 1 through 10 (1 being the lowest and 10 being the highest) please give a number for each of the following questions:

1. How happy are you with everything in your life? .....
  2. How joyful are you? .....
  3. How excited are you to wake up every day? .....
  4. How would you rate your passion for life? .....
  5. Are you following your dreams? .....
  6. How excited are you to work at your job? (paid or unpaid) .....
  7. How satisfied are you with your job? .....
  8. Overall, how would you rate the personal relationships in your life? .....
  9. Do you feel in control of your life? .....
  10. How hopeful are you that you can improve your life? .....
  11. How would you rate your level of health? .....
  12. How would you rate your energy level? .....
  13. Do you have enough time to do your hobbies? .....
  14. How much fun do you have everyday? .....
  15. Do you feel you exercise enough? .....
  16. Does your life feel meaningful to you? .....
  17. Do you feel you are living a life of purpose? .....
  18. Do you feel accomplished in life? .....
  19. Do you feel successful? .....
  20. Rate your overall sense of well-being .....
- Total** .....

[Press Enter]

Through much time and research, I have learned that there are three main modes of living, all with varying degrees: [Surviving](#), [Existing](#) and [Thriving](#).

Please add up your total to determine in which mode you are currently living:

- If you have accumulated a total of 100 points or less, you are at the level of— **SURVIVING** (see description below)
- If you have accumulated a total of 101 points to 160 points, you are at the level of— **EXISTING** (see description below)
- If you have accumulated a total of 161 points to 200 points, you are at the level of— **THRIVING** (see description below)

**SURVIVING:** There are different degrees of Surviving. At its fundamental level, survival is what impoverished people experience every day, as they try to achieve the bare minimum necessary to sustain life. These people are continuously concerned about their ability to provide for the most basic of necessities.

In this Questionnaire, I am referring to a different type of survival that goes even deeper than this. Yes, you are getting by. Yes, you have enough food to eat and a place to sleep – but your soul is starving. You don't feel hopeful, passionate or energized. You don't have a zest for life. I call this mere survival because to feel this way isn't really living.

Surviving in this context is a mind-made Trap because we all have choices of how we want to live our life, but when you are at the level of Surviving it can be very difficult to see how this is possible.

Well, it is possible. If you do want to live a more vibrant life filled with happiness and joy, then the *Feeling Trapped? Free Yourself Now!* Life Improvement Program can help you do this. It is possible to [free yourself to a better life](#)—Guaranteed!

**EXISTING:** This is one step up from Surviving on the ladder of life. Basic needs have been met and exceeded. For this interpretation, Existing isn't about material needs. You may have a Ferrari in the driveway of your beautiful home overlooking a majestic view. It isn't about family either. You may have a wonderful and loving family. It isn't about health; you may be very fit.

So what is Existing? In my experience, it is one of the most pervasive and disturbing pandemics of the middle-to-upper class and of the exorbitantly wealthy. It reveals a persistent inner void – a lack of joy, richness and fulfillment. On the surface, everything may seem great and you can't understand why you feel this way.

For the most part, you are successful. Yet, you still feel like there should be more to life than this.

You have a sense of being *Trapped*, but you may not know why. Sometimes you feel like you are just going through the motions, on automatic pilot. You experience a numbing of your senses. One area of your life may be thriving while other areas are suffering. You may not feel balanced or you may feel under a lot of stress. You may not be able to shut off the endless chatter in your mind and you find it difficult to just be in the moment.

*Interestingly, I too felt this way at one time. I had achieved tremendous success as a search consultant, I had a wonderful family and friendships, I was healthy. But I still felt like there was more to life than what I was experiencing. I knew I had more potential than what I was expressing. I felt like I was settling. I wanted to make some important adjustments in my life, but the momentum of my life was powerful. I felt entrenched.*

*I finally decided that, in a world of infinite choices and opportunities, I didn't have to feel this way. This propelled me on a journey to find answers and to redesign my own life. I am so grateful to say that I have successfully done that. I have never been happier, felt more joyous and fulfilled. I have spent the past 8 years developing a comprehensive program to help others Free themselves so they don't have to feel Trapped anymore!*

If you want to move from Existing to Thriving, then the *Feeling Trapped? Free Yourself Now! Life Improvement Program* has been designed with you in mind. The Program is guaranteed to satisfy you, and it is available to purchase one Trap at a time, which helps make your decision to get started an easy one!

**THRIVING:** This is a state of well-being that permeates all aspects of your life. It is about passion and vibrancy. You have a vigor for life that can't be subdued by the ever-changing outside circumstances of life. It is about fearlessness, a knowing of what is important to you. It is about living your life with joy. You have a deep satisfaction with who you are, where you are going, and what you have achieved. You feel a profound connection to the sanctity of life and you marvel at its wonders. The restlessness of your mind has been quieted and you have moved beyond Surviving and Existing to Thriving!

Congratulations! You are already in the place that the *Feeling Trapped? Free Yourself Now! Life Improvement Program* was designed to lead people toward.

You may still be interested in taking the Program anyway. I know that I have always benefited from new insights and different viewpoints that expand my awareness and strengthen my core. If you don't feel the Program has benefited you, please utilize our money back Guarantee.

The *Feeling Trapped? Free Yourself Now! Life Improvement Program* is 100% Guaranteed. If you are unhappy with your purchase, for any reason, just notify us within 30 days of purchase and we'll refund your money, no questions asked. Also, a partial amount of every sale will be donated to charity. You have absolutely nothing to lose – only so much to gain. Begin transforming your life [today!](#)

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