



探索课程 Discovery Training 预备作业 Preparatory Homework

课程编码:
(Course code)
学员姓名:
(Name of Participant)
 (Namo or rantopant)
ппь
别名:
(Name I like to be called)

通过参与探索课程,您能够创造出的其中一个成果就是: 您会更加了解怎样去掌控生活中的每一个方面.

One of the results you can create for yourself in the Discovery training is a greater awareness of how you operate in the areas of life which are important to you.

下面的这份问卷调查将帮助您找出目前对您来说生活重要的领域.

The questionnaire below will help you consider what are some of these areas which are important to you at this time.

1. 在 1 分 到 10 分的范围内, 请您为自己目前生活各方面的满意度, 和个人效率评分:

On a scale of 1 to 10, please rate your current level of satisfaction and personal effectiveness in the following areas:

	(3)	1	2	3	4	5	6	7	8	9	10	©
工作和事业 (Work & Career)												
财务 (Finances)												
个人健康 (Personal Health)												
休息和睡眠 (Rest & Sleep)												
体育运动 (Physical Recreation)												
求知 (Intellectual Pursuits)												
休闲 (Leisure)												
心灵 (Spirituality)												
家庭关系 (Family Relationships)												
工作关系 (Relationships at Work)												
社会关系 (Social Relationships)												
社会贡献 (Community Contribution)												

What are some of the goals which a	re important to you now in the following areas?
工作和事业 (Work & Career)	
财务 (Finances)	
个人健康 (Personal Health)	
休息和睡眠 (Rest & Sleep)	
体育运动 (Physical Recreation)	
求知 (Intellectual Pursuits)	
体闲 (Leisure)	
心灵 (Spirituality)	
家庭关系 (Family Relationships)	
工作关系 (Relationships at Work)	
社会关系 (Social Relationships)	
社会贡献 (Community Contribution)	
	E自己的哪些个人态度和特性? characteristics which you would like to improve on by participating in the
What are the personal qualities and	
What are the personal qualities and Discovery training?	
What are the personal qualities and Discovery training? 工作和事业 (Work & Career)	
What are the personal qualities and Discovery training? 工作和事业 (Work & Career) 财务 (Finances)	
What are the personal qualities and Discovery training? 工作和事业 (Work & Career) 财务 (Finances) 个人健康 (Personal Health)	
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2. 以下这些不同的生活领域,您目前有哪些重要的目标?

作印光文? When you have achieved the results yo be different and how will it feel like?	ou want from participating in the	e Discovery training, how will your life
工作和事业 (Work & Career)		
财务 (Finances)		
个人健康 (Personal Health)		
休息和睡眠 (Rest & Sleep)		
体育运动 (Physical Recreation)		
求知 (Intellectual Pursuits)		
—————————————————————————————————————		
心灵 (Spirituality)		
家庭关系 (Family Relationships)		
工作关系 (Relationships at Work)		
社会关系 (Social Relationships)		
社会贡献 (Community Contribution)		
恭喜您!开启了探索自我旅程的第 Congratulations! You have just embarked o		
—————学员姓名 (Name of Participant)	日期 (Date)	签名 (Signature)

4. 当您通过参与探索课程,取得了您所期望的成果,您的生活会有什么不同,您会有什么

以上您填写完成的这份表格是属于励程培训中心的资产。请您在递交之前为自己复印一份。 Your completed forms are the property of Milestone Trainings Sdn Bhd. Please make a copy for yourself before submitting them.

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