

INTAKE FORM

The Freedom Path™

BY CARRIE ARLAH

WELCOME

This is a challenging and exciting time to be alive on planet Earth.
Good for you for being here, and good for you for choosing to do your work.
It benefits all of us.

Everything is speeding up and there is increased energy available for all of the possibilities and potentials to arrive, including what we really want as well as what we don't really want. What you choose has always been important, yet it is even more important now. All of your choices, large and small, have an impact on your life, the world around you, and where everything is headed.

The Freedom Path™ coursework is here to support you in making all of your choices conscious and as aligned as possible with what you truly want. The old is sloughing off. The new is beckoning you forward. The dream of who you are becoming wants more and more of your energy now. To get there and become even more of who you truly are, you will also, in the meantime, be trudging through the heavier murkier parts of who you've been. It is beautiful work, as well as some of the most challenging. You can do it. This is here, now, because you can.

Answer everything ahead to the best of your abilities. Take time with it all. Go slowly.

The more effort you put into this exploration, the more you'll get out of it.
Send me your most thorough responses whenever they're ready, and we'll go from there.

With so much love and great encouragement, Carrie and your Highest Self

GOALS

What are your goals for this year?

What are your goals for the next few years?

What are your goals for the next 10 years?

What will you have liked to accomplish by the end of this lifetime?

STRENGTHS



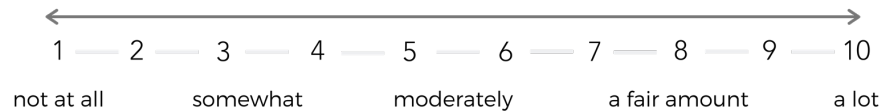
Write a number, 1-10, next to each quality, evaluating how much you experience yourself to be:

loving	joyful	allowing	relaxed	playful
kind	faithful	confident	peaceful	industrious
compassionate	care-full	balanced	positive	resourceful
patient	sensual	discerning	having foresight	responsible
flexible	good communicator	clear	respectful	passionate
disciplined	good listener	focused	observant	adventurous
spontaneous	good at learning	sincere	gentle	direct
bold	actualization of ideas	generous	perseverant	fun loving
sensitive	charming	clean	thankful	exuberant
leader	sociable	helpful	organized	independent
honest	intelligent	precise	moderate	supportive
strong	open	orderly	loyal	workable
warm	courageous	wise	courteous	willing
diligent	thoughtful	assertive	friendly	fun
steady	humble	purposeful	practical	deliberate
enthusiastic	powerful	self loving	good	perseverant
curious	energetic	dependable	healthy	devoted
creative	adaptable	versatile	witty	insightful
carefree	considerate	easygoing	free-spirited	caring
intuitive	optimistic	imaginative	nurturing	stable

Circle the qualities you especially want to cultivate more of:

loving	joyful	allowing	relaxed	playful
kind	faithful	confident	peaceful	industrious
compassionate	care-full	balanced	positive	resourceful
patient	sensual	discerning	having foresight	responsible
flexible	good communicator	clear	respectful	passionate
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CHALLENGES



Write a number, 1-10, next to each quality, evaluating how much you experience yourself to be:

controlling	stubborn	impatient	unreasonable	distrusting
selfish	unforgiving	irresponsible	indulgent	inconsistent
critical	judgmental	opinionated	lazy	manipulative
rigid	rash	head strong	materialistic	irritable
overthinking	competitive	anxious	afraid	inhibited
defensive	jealous	reckless	uncompromising	unemotional
argumentative	possessive	restless	indecisive	evasive
overly emotional	bossy	brash	unclear	moody
impetuous	blunt	apathetic	lacking confidence	tense
careless	detached	distant	not knowing yourself	touchy
turbulent	rebellious	dogmatic	unreliable	clingy
uncontrolled	cranky	insensitive	easily overwhelmed	messy
stressed out	suspicious	aggressive	self-absorbed	unorganized
dishonest	insecure	angry	greedy	superficial
naïve	immature	confused	melodramatic	arrogant
domineering	negative	pessimistic	temperamental	skeptical
overly sentimental	attached	frivolous	touchy	weak
passive	quick-tempered	mousy	invisible	obsessive
wimpy	chaotic	pushover	compulsive	resentful
brooding	forceful	forgetful	over-confident	tactless
attached	needy			

* Put a star next to the ones you'd like most to work on.

VALUES



Write a number, 1-10, next to each, evaluating how much you care about:

- | | | | | |
|-------------------|---------------|--------------|-------------------|----------------|
| respect | freedom | autonomy | cooperation | peace |
| responsibility | action | practicality | love | loyalty |
| dependability | commitment | openness | honesty | boldness |
| creativity | expression | empowerment | beauty | efficiency |
| environmentalism | innovation | compassion | adventure | service |
| comfort | leadership | vision | information | excellence |
| physical activity | fun | play | activism | equality |
| fairness | sensitivity | exploration | productivity | helping others |
| individuality | philosophy | learning | sensuality | thoughtfulness |
| education | travel | family | history | home |
| art | the details | organization | groundedness | spontaneity |
| flexibility | planning | balance | peace | depth |
| partnership | understanding | spirituality | teaching | sharing |
| success | progress | recognition | wealth | popularity |
| power | innovation | uniqueness | unconventionality | connection |
| dreams | growth | community | evolution | nature |
| self-development | stability | order | harmony | philosophy |

Pick three you feel drive you on a daily basis

_____ , _____ , _____

Pick five you strongly care about

_____ , _____ , _____ , _____ , _____

_____ , _____

Pick three you are growing into

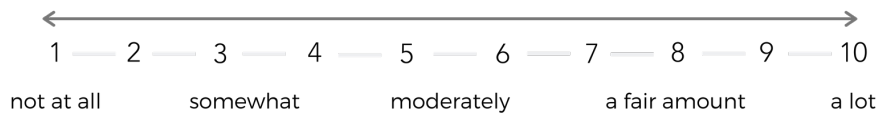
Source Qualities

abundance	flow	oneness
acceptance	freedom	order
awareness	fullness	peace
balance	goodness	possibility
beauty	grace	power
clarity	harmony	presence
compassion	health	prosperity
connection	intelligence	purposeful
consciousness	joy	understanding
creativity	kindness	infinitely valuable
ease	light	wholeness
expansiveness	love	wisdom

Which of these qualities do you already feel a deep connection to and express freely in your life?

Which do you have the most difficulty with? In this lifetime, which have been the most challenging for you to access?

FEARS



Write a number, 1-10, next to each, evaluating what you are afraid of:

- | | | |
|---|-----------------------|---|
| being criticized or ridiculed | weakness | everything falling apart |
| not having enough | speaking up | trusting others |
| not being enough | losing my freedom | being vulnerable |
| losing people and things I love | annihilation | nothingness |
| not having a voice | loneliness | being taken advantage of |
| being out of control | peace being disrupted | chaos, lack of order |
| losing control | hurting others | big feelings |
| being hurt or harmed by someone | speaking my truth | being artistic, creative |
| being taken advantage of | being who I really am | losing myself |
| after we die there's nothing | going backwards | death |
| losing everything | not being worthy | something is wrong with me |
| my boundaries won't be respected | being trapped, stuck | other people letting me down |
| disappointing myself | not having a plan | being wrong |
| responsibility | surrender | betrayal |
| destruction | that I am bad | that people are bad |
| that I don't deserve what I truly want | being broken | negativity |
| pain | darkness | aggression |
| being a failure, that I'm going to fail | not being good enough | being unlovable |
| doing what I love | disappointing others | disappointing myself |
| change | discipline | lack of comfort, austerity |
| being seen | not being wanted | who I am isn't good enough |
| not being able to do what I really want to do | | violence – physical, emotional, mental |
| not having power or control over myself and my life | | there's nothing bigger or greater than me |
| being left by a loved one, abandonment | | there's no greater meaning to everything |
| being honest with others about who I really am | | going for something I really want and failing |
| not accomplishing what I want to accomplish | | having what I want and then losing it |

Write any more here that come up for you:

Do you have difficulties with anger, frustration, and/or irritation as a common theme in your life? Were either of your parents consistently these things?

Do you have difficulty letting go? Do you find yourself often controlling or attached?

Do you find yourself judging yourself and/or others consistently? Comparing yourself to others? How loud is the critical voice inside you?

Do you consider yourself anxious? Do you experience bouts of anxiety? If so, do you have a practice that helps you feel less anxious, and if so, what is your practice?

Do you experience yourself as insecure or not sure of yourself? How regularly? Do you experience jealousy? If so, what brings this up for you?

THE ELEMENTS

FIRE

Energetic, spontaneous, inspired, passionate, intuitive, excitable, impulsive, bold, courageous, adventurous, expressive, warm, enthusiastic

Focused on: being, experiencing, adventure, expression, leadership, expansion

Can be: forceful, zealous, selfish, domineering, unrealistic, impulsive, careless, insensitive, burnt out, destructive

Growing into: calm, peacefulness, passiveness, feminine principle, feeling, receptivity, sensitivity, compassion, deeper understanding, boundaries, self-containment, respect for others, slowness, patience

EARTH

Grounded, practical, materialistic, responsible, hardworking, planner, specific, embodied, comfort, routine, stable, dependable, reliable, sensual, solid, cautious, conservative

Focused on: doing, acting, money, possessions, food, security, building

Can be: stubborn, inflexible, set in ways, over-valuing comfort, get stuck easily because of practicality, security, or comfort, afraid of change, greedy, overly materialistic, overly focused on success, popularity, and status

Growing into: change, spontaneity, relaxation, more time being carefree, spirituality, flexibility, adaptability, purpose, emotionality, depth, sensitivity, taking physical breaks, socializing, newness, the unknown, trust in something greater, passion

AIR

Mental, thoughtful, alert, curious, perceptive, inventive, clever, conversationalist, loves information, ideas, intelligence, analysis, knowledge, sociable, likable, loves freedom, communication

Focused on: thinking, understanding, communicating, rationalizing, logic, freedom, invention

Can be: overly talkative, dominating of conversations, impractical, ungrounded, disembodied, unstable, too focused on pleasing others and other people's opinions, aloof, uncommitted, unemotional, overly rational

Growing into: a healthy daily routine, regular mealtimes, daily exercise, concrete action, making practical moves towards a goal, taking consistently great care of the body, following their brightest and most liberating ideas, turning ideas into physical form, deep connection with others, comfort with feelings

WATER

Emotional, caring, sensitive, receptive, compassionate, feeling deeply, understanding, supportive, endless possibility, rich connection, slow, swirling, flowing, perceptive, magical, dreamy, intuitive, nurturing

Focused on: feeling, flowing, empathy, deeper understanding, connection, relationships

Can be: overly emotional, moody, suffering, dramatic, overly sensitive, fragile, spinning in circles, directionless, self-indulgent, controlling, lost in fantasy, easily hurt

Growing into: focus, direction, clarity, passion, forward movement, masculine principle, purpose, use of talents toward specific aims, concrete actions, reliability, integrity, steadiness

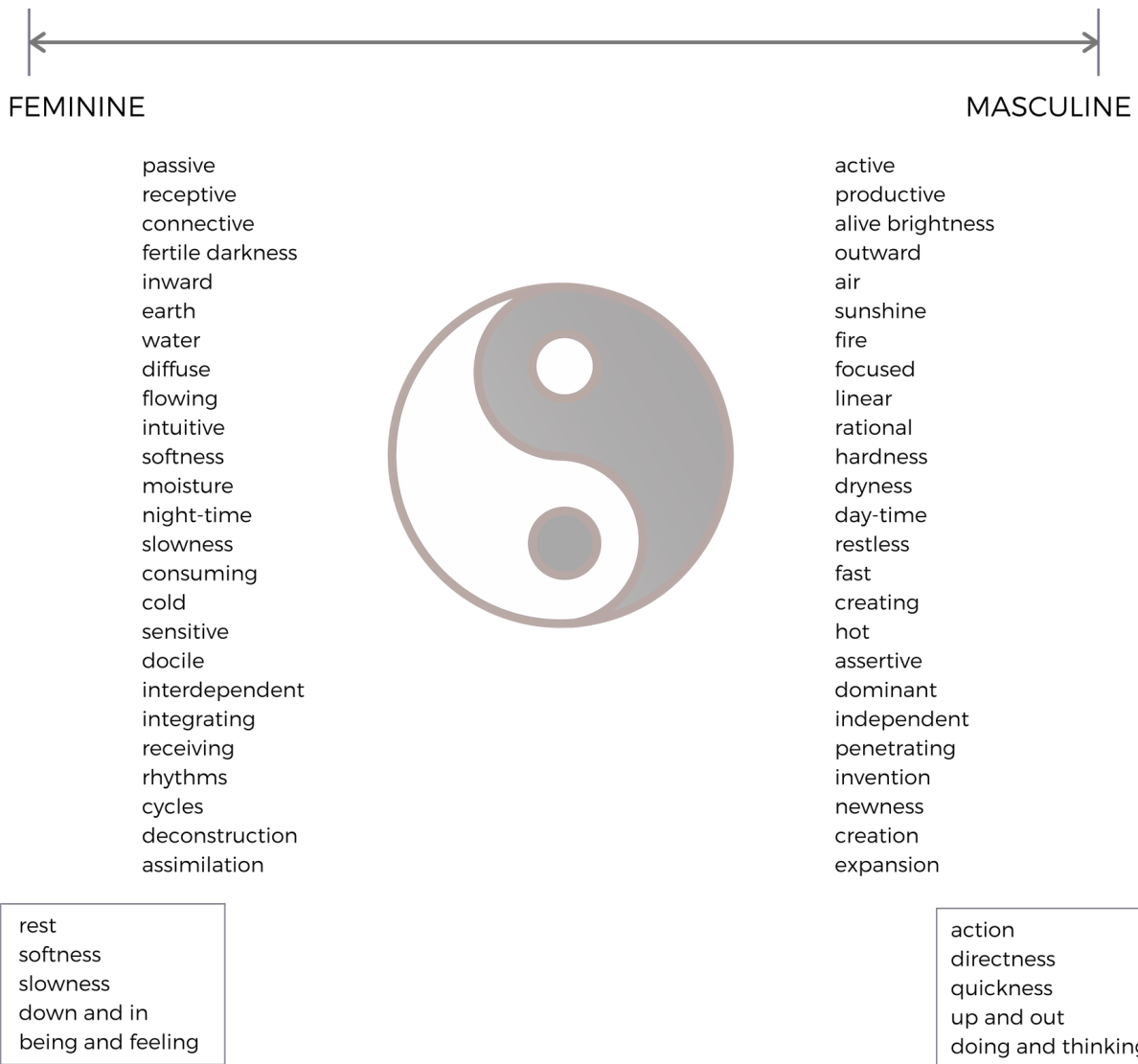
Pick which element you resonate with the most, the next most, the third most, and the least.
Which element do you identify with the most? Why?

Which do you identify with the next most? Why?

Which do you identify with the third most? Why?

Which element do you identify with the least? Why?

FEMININE AND MASCULINE PRINCIPLES



Which principle do you resonate with more? Why?

Are there any words in either column you would like to understand better or integrate more into your daily life?

How well do both principles work within you? Are they harmonious and work well together?
Do you experience yourself as balanced with both, or over-balanced towards one or the other?

DIFFICULTIES

What are the greatest difficulties you've experienced thus far in your life? Write them out as line-items, no story, "just the facts". Be as thorough as possible and include things you may not have thought of for a while.

Pre-natal-7 years old:

7-12 years old:

12-18 years old:

18-28 years old:

28-58 years old:

58+:

Now, go back to these listed difficulties, and rate them on a scale of 1-10 (one is the lowest, ten the highest) with the level of emotional charge or disturbance you currently have when remembering this experience. Write this number to the left of the line-item.

Do the difficulties of your life affect you today? If so, how do they affect you? (be as specific as possible)

What do you feel you have learned from these difficulties?

Are there any themes or storylines that you are aware of being prevalent throughout your life?

When things feel difficult for you, are you able to take care of yourself? (explain why you choose yes, no, or sometimes)

Do you have a self-care practice? If so, what does it currently include?

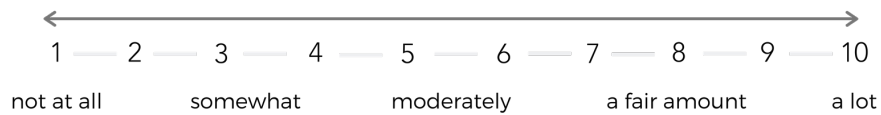
How easy or difficult is it for you to breathe? Do you have a breath practice?

When things get difficult for you are you aware of your breath and can you either keep yourself breathing or get yourself to breathe?

Do you have a relationship with some form of higher power, divine essence, or greater Source? If yes, please describe this relationship and include what names you resonate with. Please also write what activities help you access this relationship. If no, please describe why you think you don't have one.

Do you have any difficulty with the word God or what it invokes for you? Do you have an aversion to religion?

NEEDS



Write a number, 1-10, next to each, describing how well these needs are being met in your life at this time:

Sustenance

basic physical needs
 healthy food
 physical activity
 rest/sleep
 comfortable shelter

Security

consistency
 order, structure
 peace (outer)
 peace (inner)
 safety (including emotional)
 stability

Nurturance

care
 compassion
 empathy
 kindness

Action

directness
 follow through

Power

with you and your life
 self determination
 respect

Freedom

autonomy
 choice
 space
 spontaneity

Leisure/Relaxation

humor
 joy
 play
 pleasure
 rejuvenation

Transcendence

beauty
 celebrations of life
 communion
 ease
 faith
 trust
 mourning
 presence
 integration, wholeness

Love

acceptance
 recognition
 to be heard
 to be seen
 to be known
 to be understood
 understanding

Sense of Self

authenticity
 creativity
 honesty
 self-acceptance
 self-knowledge

Community

belonging
 cooperation
 to give
 to share
 mutuality
 inclusion
 participation

Consciousness

awareness
 clarity
 discovery, expansion

Energy

aliveness
 interest
 enthusiasm
 passion

Openness

curiosity
 adaptability
 flexibility

Meaning

purpose
 significance
 worth
 contribution

Creativity

expression
 imagination
 inspiration
 flow

Connection

affection
 appreciation
 attention
 closeness
 harmony
 intimacy
 sexual
 expression
 support

Growth

exploration
 journeying
 learning
 evolution

Which needs would you like to focus on getting met more in these next few months?

OVERVIEW

My most current goals are (page 3) _____

and I hope that by the end of this lifetime I will have become, experienced, and/or accomplished _____

I already experience myself as (pages 4,5) _____

and soon I hope to be more _____

Sometimes I experience myself as (page 6) _____

and I'd really like to be less _____

What I value the most is (page 7) _____

The Source qualities I feel I am already good at accessing and flowing freely are (page 8) _____

and the ones I find most difficulty with and would like to flow more of are _____

The things I am the most afraid of at this time are (page 9) _____

I resonate most with the (pages 11, 12) _____ element(s) and see that I can grow more into the _____ elements. I am already good at _____

and would like to become better at _____

_____.

I resonate most with the (page 13) _____ principle, because _____

and I would also like to develop more _____

_____.

I experience myself as (circle one) pretty balanced overly-balanced towards the masculine overly-balanced towards the feminine

My greatest difficulties in this lifetime have been (pages 14-17) _____

and they still affect me in these ways _____

_____.

Themes I have recognized in my life are (page 17) _____

_____.

My current self-care practice includes these activities (page 18) _____

_____.

My relationship with my breath is (page 18) _____

_____.

My relationship with Source, God, the Universe, or as I call it _____

is (page 19) _____

_____.

The needs I feel are met well in my life right now are (page 20) _____

and the ones I'd like to focus on getting met more in the next few months are _____

_____.