

Catalyst[®] Quality of Life Survey

NAME: _____ SEX: _____ TODAY'S DATE: _____
ADDRESS: _____ CITY, STATE, & ZIP: _____
PHONE: _____ E-MAIL: _____
BIRTH DATE: _____ LENGTH OF TIME RECEIVING CATALYST: _____
CURRENT OBJECTIVE FOR RECEIVING CATALYST: _____

*This survey helps us keep track of your reported quality of life improvements.
Answer the following questions in relationship to how your life is now since completing your last survey.
If this is your first Catalyst survey, answer the questions as to how your life is now since beginning Catalyst.
How true or false is each of the following statements for you?
Circle the "ONE" best answer to each question:*

1. I notice more peace in my body.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
2. My enthusiasm for life has improved.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
3. My confidence has improved.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
4. My life enjoyment has improved.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
5. My awareness is better.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
6. I move with more ease.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
7. I have been more energetic.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
8. I notice improvements in my peace of mind.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
9. I notice improvements in my body's ability to release its tension.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
10. I notice improvements in knowing what my body needs in relationship to water and dietary intake.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
11. I follow the guidance of my body in relationship to activity, relaxation, and sleep.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
12. I am more optimistic about the future.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

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13. I have a more relaxed feeling within my being.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
14. Challenges I face are shorter in duration (do not last as long).
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
15. My body is more flexible.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
16. I experience gratitude more often.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
17. The challenging times I face are met with more peace.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
18. I am centered more often.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
19. I notice improvements in my ability to focus and complete tasks.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
20. I am more comfortable in expressing myself.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
21. I feel more loving toward others.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
22. I am more aware of my body.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
23. I am better able to face my challenges.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
24. I show greater respect for various perspectives.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
25. I have noticed an improvement in my overall attitude in dealing with friends and family.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
26. I am more connected to my deeper feelings and beliefs.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
27. I am more in touch or aware of my distinct rhythms.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
28. I interpret life and my life's experiences more favorably.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
29. I am more in touch with my body.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
30. My overall quality of life has improved.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

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*Answer the following questions in relationship to how your life is now since completing your last survey.
If this is your first Catalyst survey, answer the questions as to how your life is now since beginning Catalyst.
Circle the "ONE" best answer to each question.*

31. My overall attitude is:
(much better now / somewhat better now / about the same / somewhat worse now / much worse now)
32. My posture is:
(much better now / somewhat better now / about the same / somewhat worse now / much worse now)
33. My life enjoyment is:
(much better now / somewhat better now / about the same / somewhat worse now / much worse now)
34. My awareness of when I begin to store tension in my body is:
(much better now / somewhat better now / about the same / somewhat worse now / much worse now)
35. My decision-making ability is:
(much better now / somewhat better now / about the same / somewhat worse now / much worse now)
36. My being honest with myself and others is:
(much better now / somewhat better now / about the same / somewhat worse now / much worse now)
37. My quality of sleep is:
(much better now / somewhat better now / about the same / somewhat worse now / much worse now)
38. My relationships are:
(much better now / somewhat better now / about the same / somewhat worse now / much worse now)
39. The fluidity of my body's movements is:
(much better now / somewhat better now / about the same / somewhat worse now / much worse now)
40. My overall quality of life is:
(much better now / somewhat better now / about the same / somewhat worse now / much worse now)

Circle the "ONE" best answer to each question regarding Catalyst:

41. Catalyst makes a noticeable improvement to my life on the day I receive a Catalyst session.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
42. Catalyst sessions build upon each other (have a cumulative effect).
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
43. I notice the effects of a Catalyst session long after the session is over.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
44. Catalyst sessions help me connect to my greater purpose.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
45. I believe that continuing to receiving Catalyst will result in continuous positive improvements.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
46. Catalyst help my breathing become more full and expansive.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

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