

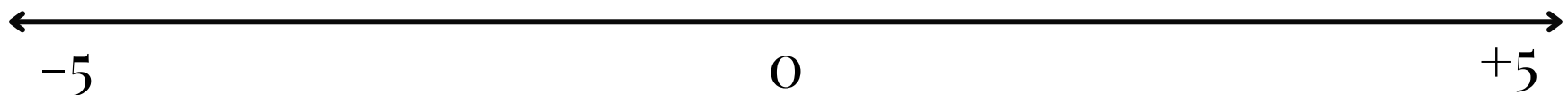
1. What score would you give for how SATISFIED you are with your life overall? __/10

2. If you were to give a score, how much FUN you're having in life? __/10

3. If you were to give a score, how HAPPY you are in your current CAREER __/10

4. Give a score for how OVERWHELMED, BUSY or STRESSED you usually feel. __/10

5. Deep down, i like myself:
(place an X on the line to correspond with how much you like yourself on a scale of -5 to +5)



6. What is your FAVORITE thing in life at the moment?

7. What could be IMPROVED in your life at the moment?

8. Thinking about coaching, I am looking:

- For more meaning/ purpose in life
- For more fulfillment/happiness in life
- For more ease/ simplicity or balance in life
- To change or move forward in my career
- To achieve my goals faster/ more easily
- To learn to trust me more/ be my authentic self
- Other -----

9. I am ready to take ACTION, and make changes in my environment, habits, and life:

- Maybe
- Yes
- No



Your Name: _____ Date: _____

What is your goal, why are you brainstorming actions?

I want to _____

Thinking about your goal, what could you:

S no.	STOP Doing	Do LESS Off	KEEP Doing	Do MORE Of	START Doing
1.					
2.					
3.					
4.					