**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1. What SCORE out of 10 would I give for how SATISFIED I am with my life overall?**

\_\_\_\_\_/10

**2. If I were to give a SCORE out of 10 for how much FUN I am having in life:**

\_\_\_\_\_/10

**3. If I were to give a SCORE out of 10 for how HAPPY I am in my current CAREER:**

\_\_\_\_\_/ 10

**4. Give a SCORE out of 10 for how overwhelmed, BUSY or stressed you usually feel:**

\_\_\_\_\_/ 10

**5. Deep down, I like myself:**

--5 0 +5 ***(place an X on the line to  
 correspond with how much you like yourself on a scale of -5 to +5)***

**6. What is my FAVOURITE thing in life at the moment? (what do I like best)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7. What could be IMPROVED in my life at the moment? (what do I like least)**

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**8. If I was to consider coaching, I am looking: *(tick all that apply)***

**❒For More Meaning/Purpose in Life**

**❒For More Fulfilment/Happiness in Life**

**❒For More Ease/Simplicity or Balance in Life**

**❒For More Freedom and/or Inner Peace in Life**

**❒To Change or Move Forwards in my Career**

**❒To Achieve my Goals Faster/More Easily**

**❒To Learn to Trust Myself More/Be My Authentic Self**

**❒ Other *(If there was something other than any of the above what would it be?)* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

**Maybe /Yes / No *(please circle)***