



Na	ame: Date:	
	What SCORE out of 10 would you give for how SATISFIED you are with your life over $/\ 10$	rall?
2.	Give a SCORE out of 10 for how much FUN you're having in life:	
	/ 10	
3.	Give a SCORE out of 10 for how HAPPY you are in your 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 and enjoy myself:	
←	-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 your FAVORITE thing in life at the moment? (what you like best)	
7.	What could be IMPROVED in your life at the moment? (what you like least)	_
8.	Thinking about coaching or personal development, I am looking: (select 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 you haven't mentioned yet, what would it be?)	_

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

Maybe / Yes / No (Commit and circle – if it's maybe or yes, contact me for a free discovery thought session)