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

**1. What SCORE out of 10 would you give for how SATISFIED you are with your life overall?**

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

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

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

**3. If you were to 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 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 your FAVOURITE thing in life at the moment? (like best)**

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

**7. What could be IMPROVED in your life at the moment? (like least)**

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

**8. Thinking about 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 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 *(please circle)***