
Name

Date

In our coaching together, our goal is to support and empower you to create a more fulfilling life. Please fill out the following scale to help us assess your current situation and determine the most important areas to work on.

CURRENT SATISFACTION ASSESSMENT

Rate each area from 1 – 10, using #1 as the lowest level of satisfaction and #10 as the highest level of satisfaction.

	Rate from 1 – 10		Rate from 1 – 10
Career	_____	Finances	_____
Significant Other	_____	Spirituality/Religion	_____
Family	_____	Education/Personal Growth	_____
Friends	_____	Fun & Leisure	_____
Physical Health & Well Being	_____	Lifestyle	_____
Emotional Health & Well Being	_____	Balance in Life	_____
Physical Environment	_____		

Describe in more detail 1 to 5 areas you'd most like to focus on.

1.

2.

3.

4.

5.

If you could create the results you desired in these 1 to 5 areas, what specifically would you like to achieve in the next 90 days?

What would you have to do or change to make these things happen in the next 90 days.

As a coach, how can I best support you to achieve your goals?