



# The Self-Discovery System

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

## Current Satisfaction Assessment

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

Describe in more detail 1 to 3 areas you'd most like to focus on. Get real specific!

1

2

3

**What are the three biggest outcomes you want to achieve in the next 3-months? Use fun and creative vocab for this! Get really specific and name outcomes that fire you up!** (Ex. By the end of April I want to be a spiritual warrior who consistently meditates, creates mindfulness habits, and has deeper self awareness of their higher power so I can live with more peace, etc...)

**What are the three biggest outcomes you want to achieve this year?** (Ex. By the end of December I want to be at 10% body fat and well on my way towards becoming absolutely shredded, so I can feel amazing, healthy, and create long term benefits for my health!)

**Do you have a personal or professional vision? If so, what is it?**

**What is a dream that you've given up on? What could life be like for you if you pursued that dream now?**

**List 5 things that you are currently tolerating in your life** (ex. poor relationships, fear of the future, low self-esteem, mental blocks and limitations, poor spending habits, career dissatisfaction, etc...)

On a scale of 1-10 (10=HIGH), Rate the overall quality of your life today

**How could I best support you in our relationship? Using each number once, place the following in order of importance. Rank using 1 - 10 (1 = Most important. 10 = Least Important)**

	Rate from 1 – 10		Rate from 1 – 10
Brainstorming Strategies Together		Exploring and Removing, Blocks and Obstacles to Your Success	
Support, Encouragement, Validation		Working through Self Improvement Programs Together	
Accountability, Checking up on Goal		Painting a Vision of What You Can Become or Accomplish	
Suggesting or Designing Action Steps		Directness: Asking Hard Questions: Challenging You to Move Forward	
Strategic Planning			
Insight into Who You Are and Your Potential			