

Maybe / Yes / No

(please circle)

Na	ame: Date:	
1.	What SCORE out of 10 would you give for how SATISFIED you / 10	are with your life overall?
	If you were to give a SCORE out of 10 for how much FUN you	ou're having in life:
	If you were to give a SCORE out of 10 for how HAPPY you are / 10	in your current CAREER:
	Give a SCORE out of 10 for how overwhelmed, BUSY or stresse / 10	ed you usually feel:
←	Deep down, I like myself: 5 0 +5 What is your FAVOURITE thing in life at the moment? (like	correspond with how much you like vourself on a scale of -5 to +5)
7.	. What could be IMPROVED in your life at the moment? (like least)	
0000000	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?)	mont habite and life.
9.	I am ready to take ACTION, and make changes in my environr	nent, nabits and life: