1. For each of the following life areas – how would you rate your life out of 10 (10 being totally happy)

- Health
- Money
- Work
- Social life
- Romance
- Living Environment
- Confidence
- Fun
- Fulfilment

2. In respect of the above, what is one goal you could achieve in the next 6 months that would make a BIG difference to your life?

3. If you could have MORE of one thing in your life right now, what would it be?

4. What’s your biggest energy drainer?

   Tolerating no.1:

5. How would you and those around you benefit from taking action to make 2 and 3 a reality and tackle your no.1 toleration?

6. To increase your enjoyment of life, what are the key areas for you to focus on for your own personal growth in 2018? (choose max 3)

   - Strengths development
   - Time/energy management
   - Self-belief
   - Authentic goal setting
   - Work/life balance
   - Emotional intelligence
   - Living in the present
   - Authentic communication
   - Self-care

7. Assuming all human beings have some way of sabotaging their life, or holding themselves back, what would be your favourite methods? (choose max 3)

   - Procrastination
   - Indecisive
   - Fear of failure
   - Acting as a “Lone Ranger”
   - Tolerating
   - Not saying “Yes”
   - Not saying “No”
   - Needing control
   - Following secondary goals that won’t ultimately make me happy

8. What are the first action steps you are willing to take this week to create the changes you wish to make in 2018?

   1. _____________________________________________
   2. _____________________________________________
   3. _____________________________________________

© Internal Power Coaching 2018
9. If you decided to work with a coach to create these changes, what would you most likely get from a coaching relationship that might have been missing in the past?

- Ideas/strategies
- Clarity
- Inspiration
- Empowerment
- Sounding board
- Focus
- Support
- Accountability
- Challenge
- Focus
- Accountability
- Challenge

Have a great year of change in 2018!

If you would like to experience how I can support, challenge and accelerate you to a new future, click here to schedule a free New Year coaching session.