



## **Internal Power Business Snapshot**

**What's your core product / service?**

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**What do you want to be known for in this industry?**

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**What's the vision for your business?**

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**What value do you offer your customers / clients?**

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**What marketing channels are used to communicate this value? How effective are they?**

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**What are your business goals for the next 6 months?**

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**What are your biggest challenges to achieving these goals?**

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## **Internal Power Personal Snapshot**

**When you grow your business grows. What are the key areas for you to focus on in your own personal development? (choose max 3)**

- Strengths development
- Authentic goal setting
- Integrity with values
- Time/energy management
- Work/life balance
- Authentic communication
- Self-belief
- Emotional intelligence
- Self-care
- Other: \_\_\_\_\_

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

- Procrastination
- Indecisive
- Fear of failure
- Acting as a “Lone Ranger”
- Perfectionism
- Not saying “No”
- Not saying “Yes”
- Needing control
- Trying to do everything
- Other: \_\_\_\_\_

**What would you most likely get from a coaching relationship that might have been missing over the past few months or years?**

- Ideas/strategies
- Outside perspective
- Inspiration
- Clarity
- Sounding board
- Focus
- Support
- Accountability
- Challenge
- Other: \_\_\_\_\_

**How coachable do you suspect you are? Where being coachable means that you are willing to take responsibility, comfortable in partnership and ready to make changes when things aren't working.**

- Highly
- Willing
- I'm trouble!

*If this exercise has been valuable and opened up some areas where you think coaching could support your success, then I'd be happy to gift you a coaching session to get a taste of working with me. Send an email to: [nick@internalpowercoaching.com](mailto:nick@internalpowercoaching.com)*