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?

   Tolerations 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
   - Authentic goal setting
   - Living in the present
   - Time/energy management
   - Work/life balance
   - Authentic communication
   - Self-belief
   - Emotional intelligence
   - 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 this year?

   1. 
   2. 
   3. 

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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

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

‘Life doesn’t get better by chance, life gets better by change’ – Jim Rohn