

COACHING – INTRODUCTION WORKSHEET

Please take some time to answer the following questions to enable you to provide an overview of your journey through life so far, and what areas you wish to work on over the coming months. The whole worksheet should take no more than 20-30 minutes.

Name:

Date:

Life is a journey during which we have many experiences, please consider the following questions:

1. What has been your greatest achievement in life? (won a race at school, became a parent etc.)

2. What has been the biggest challenge you have had to overcome? (redundancy, illness etc.)

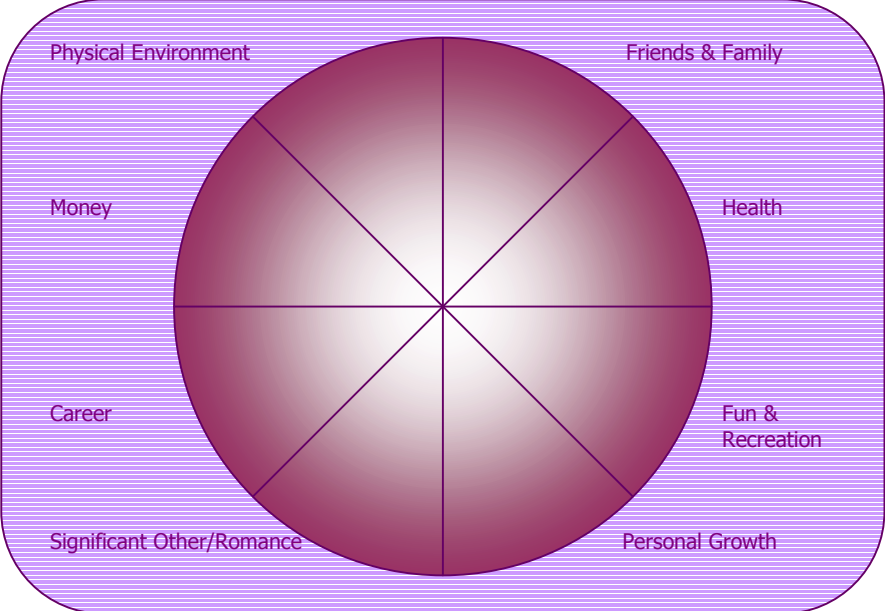
3. What strengths have helped you to overcome the challenges you have faced? (determination etc.)

4. What is your greatest strength?

5. Having reviewed your life so far, what is your vision of your ideal life in the future?

In my ideal life, I am...

Take a moment to study the 'Wheel of Life' below.
 Look at each segment and ask yourself: "How satisfied am I currently with my life in this area?"
 Score each segment 1-10 (1 = not at all happy, 10 = totally satisfied). Add new segments if required.



Score out of 10	
Physical Environment	<input type="text"/>
Friends & Family	<input type="text"/>
Money	<input type="text"/>
Health	<input type="text"/>
Career	<input type="text"/>
Fun & Recreation	<input type="text"/>
Significant Other/Romance	<input type="text"/>
Personal Growth	<input type="text"/>

Comments/Notes:

Coaching is about change. We will be working on short and long-term changes, changes in action, behaviour and attitudes – what you will be doing and who you will be being. Take a few moments to write down your thoughts of what you would like to achieve in 2, 6 and 12 months with the help of coaching. These goals may develop and you may set new goals or vary your goals during the coaching...

2 Months Goals	
6 Month Goals	
12 Month Goals	