

## Awakened-Coaching Client Self-Assessment



Name:

City, State, Country:

Contact Phone Number:

This Self-Assessment will help us have a starting point on where you are being guided to make positive changes to create a more aligned life. re looking for and where you would like to create positive change in your life. Before completing this assessment, find a quiet space where you can still your mind to answer these questions. Don't over think it.

1. Why are you looking for a spiritual life coach?

2. The Wheel of Life exercise: Rank the below areas of your life between (1-7). 7 = this area could not be any better to 1 = I am totally unsatisfied with this area of my life. Again, sit for a few minutes and look at each area description then create a ranking. Do not go back after you have made the ranking to review and make changes. We can discuss changes in our meeting.

**Body Health** - You have a self-care regimen. You exercise. You eat nutritional foods. Your body is healthy.

**Career** - You find meaning in your career. You enjoy your job/career.

**Family & Intimate Relationships** - You have meaningful, loving relationships where you can be yourself and express your needs.

**Social (Friends & Community)** - You actively participate and enjoy attending functions with your friends and in your community.

**Finances** - You make enough money to live in a safe environment, have enough food to eat, have access to healthcare when needed and can put some in savings.

**Spirituality/Personal Growth/Intuition** - You like learning new things. You are open to new ideas about all topics. You live by your moral values.

**Creativity/Fun/Joy** - You feel creative. You experience joy and fun in your life. You actively engage in hobbies that bring you joy and satisfaction.

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3. What would you like to bring into your life in the next year?

4. List 3 things you really enjoy doing.

5. List 3 things you are really good at.

6. What did you want to be when you were a child? If you don't remember, leave blank.

7. What did you love to play or do for fun when you were a child?

8. Rank (1 -7) the below parts of you:

(7= Feeling great, 4 = Feeling pretty good, 1 = Not happy)

Mental Health:

Physical Health:

Emotional Health:

Spiritual Health:

9. How do you unwind and get away from it all?

10. Is there anything else you would like to share before our meeting?