



Think well. Do well. Be well.

COACHING ASSESSMENT

Coaching is more effective when the Client provides some in-depth information before the first Coaching Session. Please be as honest as you can with your answers in order to get the most out of the Coaching Relationship.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

E-MAIL _____

- ALL INFORMATION PROVIDED IS KEPT COMPLETELY CONFIDENTIAL -

Please answer the following questions to provide an honest and thorough overview of yourself, your lifestyle, your general outlook, and your thoughts about it. If there is a question that you have trouble answering, skip it and come back to it. These questions are designed to make you stop and reflect, so please take your time.

What do you most want to get out of the Coaching Relationship?

Why did you choose The Wellness Mindset Coach?

Are you currently or have you ever been in counseling or therapy? If yes, please briefly explain:

What are the most important things (good and bad) happening in your life right now?

In what ways would you like your life to be different one year from now?

What do you think is getting in the way of your goals?

How might you sabotage yourself as you work toward your goals, or how might you sabotage me as your Coach?

List 3 things you procrastinate:

1.

2.

3.

How do you like to be supported or held accountable?

What do you always find time for?

Have you had any major transitions in the last 2 years?

What is the most important thing that you learned about yourself over the past year?

What would you like to contribute to the world?

Do you have repeating patterns and habits you would like to change?

What do you consider to be your strengths?

What do you consider to be your weaknesses?

What quality about yourself do you most admire?

What characteristic about yourself do you least like?

RATE HOW WELL EACH STATEMENT DESCRIBES YOU. THEN PROVIDE ADDITIONAL DETAILS TO EACH OF THE FOLLOPING QUESTIONS:

FITNESS

I feel healthy and am happy with the physical condition I am currently in.

- Strongly Disagree Disagree Neutral Agree Strongly Agree

Describe a current typical week of physical activity and exercise:

What is your ideal amount of activity and exercise?

What are your biggest challenges to your ideal?

NUTRITION

My diet is exactly where I want it to be.

- Strongly Disagree Disagree Neutral Agree Strongly Agree

What is your current diet like?

What are your biggest challenges to healthy eating?

SLEEP

I get a straight 7-8 hours of uninterrupted sleep every night.

- Strongly Disagree Disagree Neutral Agree Strongly Agree

How many hours of sleep do you get on an average night? _____

Do you have any sleep issues? Insomnia Extreme Fatigue Please explain: _____

Do you usually wake up feeling tired or rested? _____

When you don't sleep well, what do you think keeps you up?

When do you sleep the best?

STRESS

The amount of stress I'm under is about average and I manage it well.

- Strongly Disagree Disagree Neutral Agree Strongly Agree

What would you rate your level of stress (0=no stress, 10=maximum stress)?

What are some of the most relevant stresses in your life currently?

How do you typically react/cope with them?

Nerves: Good Fair Poor

Anxiousness: Often Sometimes Seldom

Depression: Often Sometimes Seldom

Additional Comments:

BODY IMAGE

When I look in the mirror, I feel content and grateful for the body I have.

Strongly Disagree Disagree Neutral Agree Strongly Agree

How does body image impact your self-esteem?

Can you acknowledge what is positive about your body?

SELF-CARE

I regularly take “me time” to nurture myself.

Strongly Disagree Disagree Neutral Agree Strongly Agree

What do you do to take care of yourself?

What do you wish you could do more of?

ALCOHOL

I have a healthy relationship with alcohol and practice moderation.

Strongly Disagree Disagree Neutral Agree Strongly Agree

What is the role of alcohol in your life?

Do you feel comfortable with the amount of alcohol you consume?

PAIN

My body feels good most of the time and I rarely have pain.

Strongly Disagree Disagree Neutral Agree Strongly Agree

What is your greatest source of pain?

What seems to trigger it and what relieves it?

ENERGY

I have zest for life and balanced energy throughout the day.

Strongly Disagree Disagree Neutral Agree Strongly Agree

What are some of your energy drains?

What do you do to replenish your energy?

MINDFULNESS

I am aware of my thoughts and actions and typically feel nonjudgmental towards myself.

Strongly Disagree Disagree Neutral Agree Strongly Agree

Do you practice meditation? How?

If not, are you open to it?

PERSONAL GROWTH

I am always learning new things and developing as a person.

Strongly Disagree Disagree Neutral Agree Strongly Agree

How have you evolved as a person over the last year?

What currently gives you a sense of purpose and meaning in life?

What role does spirituality play in your life?

RELATIONSHIP/ROMANCE

I am fulfilled by my current relationship status.

Strongly Disagree Disagree Neutral Agree Strongly Agree

What do you like most about your current relationship status?

What challenges are you experiencing?

FRIENDS

I have people in my life who I trust, care about, have fun with, and can be myself around.

Strongly Disagree Disagree Neutral Agree Strongly Agree

How often do you get together/talk with friends?

How do they support you?

FAMILY

I love and respect my family and know they love and respect me.

Strongly Disagree Disagree Neutral Agree Strongly Agree

What roles do you play in your family?

How does your family contribute to your wellbeing?

In what ways do they contribute to your stress?

FINANCES

The amount of money I have gives me a feeling of security and freedom.

Strongly Disagree Disagree Neutral Agree Strongly Agree

What is your relationship with money?

How does money impact your wellbeing?

PHYSICAL ENVIRONMENT

I am happy with my town and the home I live in.

Strongly Disagree Disagree Neutral Agree Strongly Agree

How organized is your space?

How does your environment impact your wellbeing?

CAREER

The work I do uses my strengths and suits me well.

Strongly Disagree Disagree Neutral Agree Strongly Agree

What personal strengths do you use in your career?

What challenges are you currently having?

How does your career impact your wellbeing?

FUN & RECREATION

I know how to “play” and enjoy myself.

- Strongly Disagree Disagree Neutral Agree Strongly Agree

What activities are fun for you?

How do you “get away” to enjoy yourself?

WHAT ELSE WOULD YOU LIKE ME TO KNOW IN ORDER TO BEST WORK WITH YOU?
