

Life Coaching Pre-assessment:

Please utilize this assessment as a general overview of your present circumstances. This will help us focus on what is most important for your life to change. Please feel free to give as much or as little detail as you would like, or to skip over any sections that you feel are not pertinent to your growth.

Section 1: Health and Energy – Physical Health

- On a scale of 1 to 10, how satisfied are you with your current physical health?
- What are your main health and fitness goals?
- Are there any specific health challenges or concerns you would like to address?

Section 2: Mind and Focus – Mental Health

- How would you rate your overall mental well-being currently?
- Are there any recurring thoughts, stressors, or mental challenges you would like to discuss?
- What strategies do you currently use for maintaining mental clarity and focus?

Section 3: Love and Relationship – Emotional Health

- How satisfied are you with your current relationships (intimate and platonic)?
- Are there specific challenges or areas of improvement you would like to explore in your relationships?
- How would you rate your current intimate satisfaction?

Section 4: Productivity and Resilience – Motivational Health

- On a scale of 1 to 10, how motivated do you feel in your daily life?
- Are there specific goals or projects where you struggle with productivity or resilience?

- What motivates you and helps you stay resilient in challenging situations?

Section 5: Career and Vocation – Job Health

- How satisfied are you with your current career or vocation?
- What are your long-term career goals?
- Are there specific challenges or areas of growth you would like to address in your professional life?

Section 6: Wealth and Lifestyle – Financial Health

- How satisfied are you with your current financial situation?
- What financial goals would you like to achieve in the short and long term?
- Are there any financial challenges or habits you would like to work on?

Section 7: Home and Organization – Household Health

- How organized and satisfied do you feel with your home and living space?
- Are there specific areas of your home or organization that you find challenging?
- What role does your living environment play in your overall well-being?

Section 8: Faith and Foundation – Spiritual Health

- On a scale of 1 to 10, how connected do you feel to your spiritual beliefs or foundation?
- Are there specific aspects of your spiritual life you would like to explore or strengthen?
- How does your spiritual practice contribute to your overall sense of purpose and well-being?

Please use this section to address anything that you feel was not covered in the above sections that you feel is important to your growth: