



VITALCOACH ASSESSMENT

DISCOVERY EXERCISE





PLACE TO START

THE POINT OF COACHING IS TO CONSIDER THE NOW AND CONSIDER THE FUTURE. IT STARTS WITH THOUGHTFUL QUESTIONS THAT ORGANIZE ANSWER INTO A PICTURE WHERE YOU CAN MAKE GOALS AND REMOVE OBSTACLES. WORK THROUGH THE ASSESSMENT AND YOU WILL KNOW BY THE END IF COACHING IS FOR YOU.

THIS EXERCISE CAN BE FOR YOU OR FOR A GROUP/TEAM TO TAKE. EXPLORE THIS EXERCISE WITH HONESTY AND CONSIDERATION. IN OTHER WORDS, TAKE YOUR TIME. GOOD LUCK.

WHERE ARE YOU AT THE PRESENT?

- - - - X

TAKE A LOOK AT THESE AREAS OF YOUR LIFE AND ASSIGN A NUMBER TO THAT PARTICULAR PART. WRITE A NUMBER FROM 1 - 10 (1-LOWEST 10- HIGHEST).

1'S REPRESENT **TOTAL DISSATISFACTION**

5'S REPRESENT **SATISFACTION SOMETIMES AND DISSATISFACTION SOMETIMES**

10'S REPRESENT **TOTAL SATISFACTION**

1	2	3	4	5	6	7	8	9	10	PHYSICAL HEALTH
1	2	3	4	5	6	7	8	9	10	MENTAL/EMOTIONAL HEALTH
1	2	3	4	5	6	7	8	9	10	CAREER/EMPLOYMENT SATISFACTION
1	2	3	4	5	6	7	8	9	10	FINANCIAL STABILITY
1	2	3	4	5	6	7	8	9	10	MARRIAGE/ROMANTIC RELATIONSHIPS
1	2	3	4	5	6	7	8	9	10	HOME LIFE (IMMEDIATE FAMILY)
1	2	3	4	5	6	7	8	9	10	EXTENDED FAMILY (RELATIVES)
1	2	3	4	5	6	7	8	9	10	FRIENDS/SOCIAL LIFE
1	2	3	4	5	6	7	8	9	10	RECREATION/HOBBIES/RELAXATION
1	2	3	4	5	6	7	8	9	10	LIFESTYLE (PACE OF LIFE)
1	2	3	4	5	6	7	8	9	10	PERSONAL LIFE GOALS
1	2	3	4	5	6	7	8	9	10	PERSONAL SPIRITUAL LIFE
1	2	3	4	5	6	7	8	9	10	PHYSICAL COMFORT (LOCATION)
1	2	3	4	5	6	7	8	9	10	SUPPORT SYSTEMS
1	2	3	4	5	6	7	8	9	10	PERSONAL DEVELOPMENT (SKILLS)
1	2	3	4	5	6	7	8	9	10	COPING WITH TRANSITION & CHANGE

1. CIRCLE YOUR NUMBER IN THE FIRST THAT REPRESENTS WHERE YOU ARE RIGHT NOW.
2. CIRCLE YOUR NUMBER AGAIN IN EACH AREA FOR WHAT IS IDEAL.
3. NOTICE THE AREAS AND THE SIZE OF THE GAP NUMBERS. THE BIGGER THE GAP, THE MORE LIKELY YOU ARE NOT MAKING PROGRESS ON YOUR OWN.
4. ALSO, CONSIDER THE AMOUNT OF TIME THOSE NUMBERS HAVE BEEN STATIONARY.

IF THE GAP IS MORE THAN 4 PLACES AND BEEN ACCURATE FOR OVER A YEAR, IT MAY BE TIME FOR A COACH. SOME PARTS OF OUR LIFE CAN BE SATISFIED BUT WE CAN STILL GET STUCK. IF THERE ARE SEVERAL GAP AREAS, PLEASE CONSIDER COACHING. YOUR IDEAL COLUMN IS CLOSER THAN YOU THINK.

DO YOU WANT TO STAY HERE?

- - - - X

ASSIGN A NUMBER TO EACH STATEMENT BASED ON THE FOLLOWING:

- 3 - This definitely or very probably is true of this person
- 2 - This appears to be true of this person
- 1 - This might be true of this person
- 0 - This is not true or very likely not true of this person

- _____ WANTS TO CHANGE AND GROW
- _____ HAS TAKEN EFFORTS TO CHANGE OR GROW WITHIN THE TWO YEAR
- _____ IS WILLING TO CONSIDER NEW ASSUMPTIONS, VALUES, AND BEHAVIORS
- _____ IS NOT INVOLVED IN COUNSELING AT PRESENT
- _____ HAVE ISSUES THAT COULD INTERFERE WITH THE COACHING PROCESS
- _____ WILLING TO READ, ENGAGE IN EXERCISES THAT BRING GROWTH
- _____ IS WILLING TO RESTRUCTURE ONE'S LIFE IF NECESSARY
- _____ UNDERSTANDS THAT COACHING IS NOT COUNSELING
- _____ IS CAPABLE OF THINKING ABOUT THE FUTURE
- _____ HAS GOALS THAT ARE NOT YET BEING REACHED
- _____ IS WILLING TO WORK WITH A COACH IN A COLLABORATIVE WAY
- _____ IS OPEN TO LEARNING FROM OTHERS
- _____ APPEARS WILLING AND ABLE TO PERSIST TOWARD GOALS
- _____ IS WILLING TO BE ACCOUNTABLE TO ANOTHER PERSON
- _____ IS OPEN TO A SPIRITUAL SIDE IN THE COACHING PROCESS

THE HIGHER YOUR SCORE OF ACCUMULATED NUMBERS, THE HIGHER THE POTENTIAL OF A SUCCESSFUL COACHING EXPERIENCE. HIGHER THAN 20 MAKES YOU A GREAT CANDIDATE FOR A PERSONAL COACH. IF YOU NUMBER IS ABOVE 30, SERIOUSLY CONSIDER COACHING. YOU ARE PRIMED WITH POTENTIAL. ONLY YOU ARE HOLDING YOU BACK.

HIGH NUMBERS AND GAPS IN NUMBERS NEED A CLOSER LOOK. TAKE THIS NEXT PAGE TO FOCUS ON THE FUTURE. WRITE YOUR DESIRED BEHAVIORS AND IMPORTANT GOALS.

ACTIONS / BEHAVIORS

WHAT BLOCKS POSITIVE BEHAVIOR?

NEGATIVE

WHAT BEHAVIORS DO YOU WANT?

POSITIVE

WHAT GETS IN THE WAY OF
WHAT'S IMPORTANT?

WHO OR WHAT IS IMPORTANT
TO YOU?

THOUGHTS / FEELINGS

1. BEGIN WITH THE POSITIVE SIDE AND WRITE THE BEHAVIORS YOU WANT AND WHAT IS REALLY IMPORTANT. THE MORE SPECIFIC THE BETTER, THE SMALLER THE BETTER.
 2. THEN LOOK AT THE NEGATIVE SIDE AND HONESTLY WRITE WHAT OBSTACLES THAT GET IN THE WAY. SOME WILL BE OBSTACLES YOU PLACED THERE AND SOME WILL BE OBSTACLES OTHERS HAVE PLACED THERE.
 3. AT THIS POINT, IF YOU HAVEN'T MOVED TOWARD THESE BEHAVIORS YOURSELF OR REMOVED OBSTACLE YOURSELF IN THE LAST YEAR, IT'S TIME FOR COACHING.
-

WANT TO TAKE THE NEXT STEP?

- - - - X

THIS FREE ASSESSMENT IS DESIGNED TO HELP YOU ANSWER THE QUESTION, DO I NEED A PERSONAL COACH? YOU HAVE A GOOD ENOUGH PICTURE TO ANSWER THAT QUESTION.

THE NEXT STEP IS TO SCHEDULE A FREE DISCOVERY CALL. DURING THIS CALL WE WILL DISCUSS YOUR ASSESSMENT. WITHIN 30 MINUTES WE BOTH WILL KNOW IF THIS IS THE RIGHT TIME AND THE RIGHT COACH. ONE PHONE CALL COULD START A PATH TOWARD EFFECTIVENESS, MEANINGFUL GROWTH & CLEAR DIRECTION. WHY WAIT?

CALL MATT: 913-952-8190

EMAIL MATT: MATT@THEVITALCOACH.COM

THANK YOU FOR TAKING THIS ASSESSMENT. ALL THE BEST.
