



## Self-Assessment

What are your biggest challenges when it comes to..

(Example: procrastination, your financial situation, your personal time, your goals, etc.)

What have you tried to do to resolve this challenge?

How did that work for you?

What is not being resolved?

How much longer are you willing to deal with this?

What do you want instead?

What would your life be like if you were able to have \_\_\_\_\_?

On a scale from 1-10, how committed are you to getting the results you seek?