



MAIKEL BAILEY COACHING

There are three parts to this survey.

Part 1: Score yourself No, Sometimes/Somewhat, or Yes.

Part 2: List three goals and rate your progress from 1 (little or no progress) to 5 (great progress).

Part 3: Reflection questions for greater insight and understanding.

Part 1 Self-Assessment						
The Personal Development Survey				No	Somewhat/ Sometimes	Yes
1.	Do you have a positive attitude?					
2.	Do you create a written daily action plan?					
3.	Do you keep a daily journal?					
4.	Do you have a list of your top values?					
5.	Do you have a vision statement for your life?					
6.	Do you have a written personal mission statement?					
7.	Do you have your top goals written down?					
8.	Do you have a written step-by-step action plan for each goal?					
9.	Do you take action on your goals a minimum of once a week?					
10.	Do you review your goals and plans daily?					
11.	Do you procrastinate?					
12.	Do you have a weekly schedule for personal development (reading books and blogs, watching videos, or listening to podcasts)?					
Part 2 Instructions						
List three areas you have strong motivation to improve or goals you want to achieve at this time but aren't making the progress you want.						
Rate your progress for these three. (1 little or no progress to 5 great progress.)						
Goal #	Area to Improve or Goal	1	2	3	4	5
1						
2						
3						

1. Have you ever worked with a life coach or wanted to work with one?
2. If you had the opportunity to work with a life coach, what would you expect (what kind of help do you want) from that coach?
3. Have you ever wondered why you can help other people but are not able to help yourself in the same ways?

Is It Your Time?

Most people think about getting help to get on with their lives a long time before actually doing something. Does that describe you? Maybe you're stuck, or you may not know what to do or where to go next to get on with your life, or maybe you're procrastinating and require assistance to get moving.

I have coached thousands of clients over the years. There's a good chance I can help you achieve your goals and make the changes you've longed for. Haven't you waited long enough?

You may want to read what others have said about their coaching experience by clicking <https://maikelbailey.com/personal-development>.

However, if you're ready to know more about how coaching works and how it would help you gain new clarity, confidence, renewed motivation, and momentum to achieve your goals, may I invite you to take the next step?

Contact me at:

- 801.910.5704
- maikel@maikelbailey.com
- My Calendly link: calendly.com/maikelbailey to schedule a free one-time coaching session.

Thank you for taking the time to learn more about yourself. I look forward to talking with you.