

# YOUR PERSONAL ASSESSMENT

## Pre-Coaching Worksheet

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

1. Describe the impact your Personal Assessment has had on you so far.

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2. Which three of your traits, if any, are most likely to help you achieve your goals?

A. \_\_\_\_\_ ( ) score Why? \_\_\_\_\_

\_\_\_\_\_  
B. \_\_\_\_\_ ( ) score Why? \_\_\_\_\_

\_\_\_\_\_  
C. \_\_\_\_\_ ( ) score Why? \_\_\_\_\_

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3. Which three of your traits, if any, are most likely to restrain you from achieving your goals?

A. \_\_\_\_\_ ( ) score Why? \_\_\_\_\_

\_\_\_\_\_  
B. \_\_\_\_\_ ( ) score Why? \_\_\_\_\_

\_\_\_\_\_  
C. \_\_\_\_\_ ( ) score Why? \_\_\_\_\_

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4. Describe your goals for your Personal Assessment Review and/or upcoming coaching experience. For example: personal or work relationships that you want to improve, career enhancements, family achievements and other important topics.

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FUN LEARNING ADVENTURES  
TO CO-CREATE JOYFUL JOBS FOR LIFE  
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