



Personal Life Coaching Check-up

Which of the following statements relates to you? (Please tick the box)

"Circumstances sometimes take advantage of me and I'd like it to be the other way around."

"I have come to the end of my career path and realise I want something more."

"I work extremely hard for seemingly little reward and would like to take step back and enjoy what I do."

"I feel my relationships with people need improving. I would like to be more in touch with the people around me."

"Fear of change is holding me back from making necessary changes in my life."

"I have been placing all my hopes on a miracle and it hasn't happened."

"I lack self-discipline and would like to take more control of my life."

"I'm struggling to find the motivation to get started on anything"

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Please answer the following questions honestly

What in life is most important to you? _____

What things give you enjoyment? _____

What goals have you set aside as unachievable? _____

What personal trait or habit do you most wish to change? _____

What do you feel you have been tolerating for too long? _____

What is the single issue in your life that is causing you concern or that you wish to change?

