

Complete Solutions in Life Mastery

Personal Excellence - Professional Brilliance LIFE MASTERY COACHING ASSESSMENT

FOR: _____

Instructions:

Please rate each entry below; enter 1-10 (with 10 being the strongest). You will do this twice for each heading. In the first box, give yourself a current rating in regards to how you feel you're doing now. In the second box, let me know how important improving in this particular area of life/business is to you.

Happiness

current rating _____
desire for improvement _____

Taking Action Steps

current rating _____
desire for improvement _____

Leadership Skills

current rating _____
desire for improvement _____

Management Skills

current rating _____
desire for improvement _____

Listening Skills

current rating _____
desire for improvement _____

Daily Planning and Time Management

current rating _____
desire for improvement _____

Relationship Skills

current rating _____
desire for improvement _____

Balance in Life

current rating _____
desire for improvement _____

Coaching Others

current rating _____
desire for improvement _____

Productivity

current rating _____
desire for improvement _____

Health & Fitness

current rating _____
desire for improvement _____

Negotiating

current rating _____
desire for improvement _____

Career Satisfaction

current rating _____
desire for improvement _____

Emotional Intelligence

current rating _____
desire for improvement _____

Confidence

current rating _____
desire for improvement _____

Teamwork

current rating _____
desire for improvement _____

Goal Setting

current rating _____
desire for improvement _____

Self-Reflection

current rating _____
desire for improvement _____

