

Thank you for purchasing "How Life Coaching Works." Here is a printable version of the questionnaire in the book.

On a scale from 1 - 10 (10 being the highest), rate the following:

1. I am satisfied with my career.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

What is working well right now?

What do you want to change or improve?

2. I am satisfied with the amount of fun in my life.

1 2 3 4 5 6 7 8 9 10

What do you do for fun right now?

What's possible with more fun in your life?

3. I am satisfied with my romantic relationships.

1 2 3 4 5 6 7 8 9 10

What is working well right now?

What do you want to change or improve?

4. I am satisfied with my personal growth.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

What's some recent growth, project, or realization you're proud of?

What's possible with greater levels of personal growth?

5. I am satisfied with my relationships with my family and friends.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

What is working well right now?

What do you want to change or improve?

6. I am satisfied with my work/life balance.

1 2 3 4 5 6 7 8 9 10

What is working well right now?

What is possible with a more equitable work/life balance?

7. I am satisfied with my creative expression.

1 2 3 4 5 6 7 8 9 10

How do you express creativity right now?

What's possible when you express more creativity on your life?

8. I am satisfied with my relationship with myself.

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

What is working well right now?

What is possible with a greater relationship with yourself?

9. I am satisfied with my physical environment.

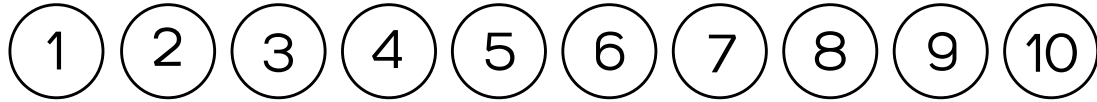
① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

What is working well right now?

What do you want to change or improve?

Optional:

10. I am satisfied with \_\_\_\_\_  
(fill in the blank)



What is working well right now?

What do you want to change or improve?