

“What would you like coaching on today?” brainstorm form

Rate your level of success and satisfaction in each of these areas of life.

Rate them by numbers, 1 = I need a lot of help here, or 10 = I’m living my best life here.

(Or, rate them by high - medium - low.)

Area of Life	Rating	Comments / Clarifications
Emotional Health		
Spiritual Health		
Physical Health		
Vocation		
Relationships		
Career		
Time Management		
Other:		

Reflection Prompts

Which area of life are you most interested in improving?

What result do you want to *stop* getting?

What result do you want to get instead?

Anything else you want to bring up or ask at our meeting:
