

Client Self-Assessment

This assessment is designed to be completed multiple times throughout your coaching experience. It allows you to see what areas of your life are working well, and what areas you'd like to improve upon. When taken several times, it also allows you to see your level of improvement and re-assess your needs.

INSTRUCTIONS: Enter the date in the desired column. Enter your level of satisfaction with each area of life on a scale of 1 - 10 (1 = poor, 10 = fantastic). Make sure to put a rating for each overall category (the gray rows.) Make any notes you desire on the back.

	Date	Date	Date	Date	Date
RELATIONSHIPS					
Significant Other					
Family (Adult family members in your life)					
Children (Relationship with your children, if applicable)					
Friends					
Co-Workers					
Boss					
CAREER					
Life Purpose (Matching your career/who you are)					
Destination (Knowing where you are going)					
Education/Specialized Skills					
MONEY/FINANCES					
Relationship with Money					
Investments/Planning for the life you want now.					
Investments/Retirement Planning					
HEALTH					
Nutrition/Food					
Exercise					
Emotional/Conscious Eating					
Body Image					
SPIRITUALITY					
Beliefs					
FUN/RECREATION/LEISURE					
Creativity (Art/Music/etc.)					
Social Activities					
HOME ENVIRONMENT					
Clutter/Organization					
Design/Aesthetics/Color					
Location of Home					