



Coaching Assessment Form

Name _____

Date _____

Step 1: What is the coaching focus?

Circle One: Business Career Spiritual Quest Health Family Romance Creative Expression

Name the area of focus: _____

Why do you want to focus here? What is your “why”? The spark? _____

Define the big picture. What is your vision? Who are you becoming? _____

Step 2: The Unique You — and True Fulfillment

Your current wealth . . . what you can express . . . what you can contribute?

Attribute	3 Month Objectives. Be Specific/Tangible	Is it Urgent?
Knowledge		
Talents		
Experience		
Character/Values		
Community Connection		
Spiritual Connection		
Financial		
Relationships		
Health		