

Erin K. Garcia - 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 and assets in these areas...

<i>Attribute</i>	<i>What do you already have? What's your 3 Month Growth Objective? What is Urgent?</i>
Knowledge	
Talents	
Experience	
Character/Values	
Community Connection	
Spiritual Connection	
Financial	
Relationships	
Health	