

# 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?*

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



**Erin K. Garcia, Neuro-Performance Coach**

[www.erinkgarcia.com](http://www.erinkgarcia.com) | [erin@erinkgarcia.com](mailto:erin@erinkgarcia.com) | 918-406-5934