Coaching Review: how’s it Going?

Tick the statements that are true for you right now.

**Check on your progress every month.**

**We can work together to help get you through the challenging items.**

1. Career
* I am fulfilled by my career
* I am respected for my expertise
* I am on a positive career path with opportunities along the way
* I work in the right industry or field for me and it has a bright future
* My work forms a rich part of my life
* I look forward to going to work virtually every day
* I like and respect the people I work with
* I work the hours I have chosen
* I am energised by my work and not drained
* I do not work in a cluttered environment

 **Section Score**

1. Money
* I have at least 6 months’ living expenses in reserve
* I am on a financial track to independence
* I am optimistic about my finances in relation to the future
* I have no financial stress of any kind in my life
* I am not in debt (excluding mortgage)
* I do not overspend
* I always buy the best possible quality
* I don’t lose sleep over money or investments
* I make money because I provide a good service
* I am financially knowledgeable and know how money is made and lost

 **Section Score**

1. Joy
* I often have fun
* I see every day as potentially joyful
* I know what makes me happy
* I smile easily, readily and often
* I look forward to getting up virtually every morning
* I am extremely fulfilled
* I have designed and am living the perfect lifestyle for me
* I have enough pleasurable time to myself every day
* I laugh out loud often
* I easily take delight in the smallest things

 **Section Score**

1. Effectiveness
* I don’t spend much time with anyone who irritates me or uses me
* I have more than enough energy to get me through the day
* I am able to ask for what I want from anyone
* I have all the tools I need to work and live well
* I have automated everything in my life that can be automated
* I am happy to delegate and do so without hesitation
* I reply to all correspondence speedily and appropriately
* I never put things off – I handle things or delegate them
* I have written goals and am on a route to achieving them
* I have a good support system for when I am feeling less than 100%

 **Section Score**

11b

1. Foundation
* I have satisfied my wants in life
* I arrange to have my needs met
* I tolerate very little
* I have clarity in all areas of my life
* I am not dreading or avoiding anything or anyone
* I never resort to emotional blackmail or manipulation
* I accept personal responsibility where appropriate and am reliable
* My boundaries are strong and clear enough for people to know what I want
* My personal values are clear and I live my life in accordance with them
* I have resolved the stresses and key issues of my childhood and past

 **Section Score**

1. Development
* I welcome change and challenges as opportunities for growth
* I am living a life that I have designed for myself
* There is nothing that I am putting off or not dealing with
* I am working on the areas of my life that I know need attention
* I am self-motivated
* I often pleasantly surprise myself
* I am open-minded
* I take a proactive role in events rather than wait for things to happen
* I have learned to take the path of least resistance to accomplish my goals
* I do not waste energy on secrets or lies

 **Section Score**

1. Health
* I take at least one main holiday and several breaks each year
* I proactively look after my health
* My teeth and gums are well maintained
* I have regular health checks and screenings
* I ensure that I receive prompt and proper care for any health problems
* I eat healthily most of the time
* I do not use caffeine, alcohol or drugs inappropriately
* I exercise regularly
* I meditate regularly
* I am not doing anything to jeopardise my physical or emotional health

 **Section Score**

**What is your overall score? What observations do you have on the score; what you expected/different? Why? Are there any particular areas that need attention?**

**List three things that you like about yourself right now**

**List three things that attract people to you**

**List three things that make you happy to be living your life just the way it is**

**List three of your greatest achievements to date**

**List three things you would like to change about your life right now**