

# Coaching Quiz

## WELCOME!

As you complete this quiz, you will start to discover how coaching can make a difference in your life.

Name

Date

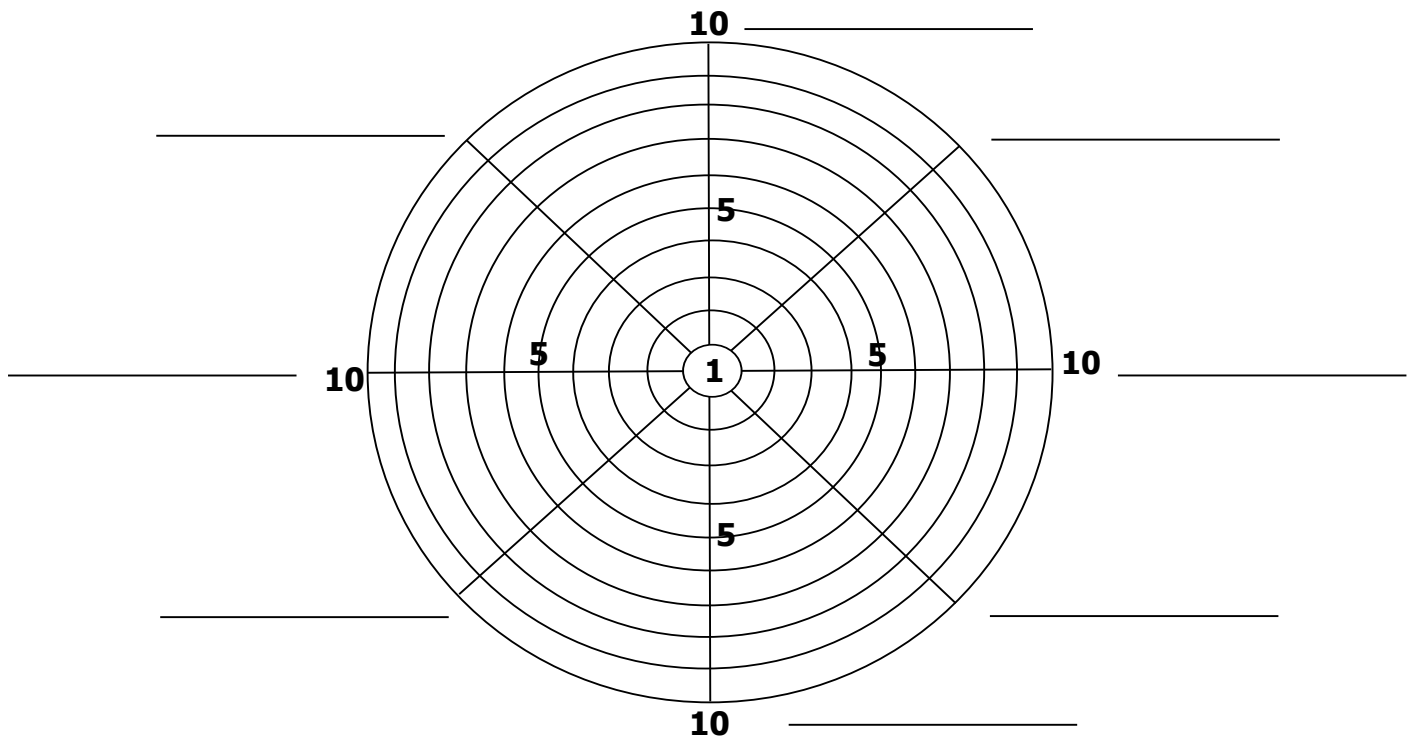
## A) RATING YOUR LIFE

1) What in your opinion are the most important parts of a balanced and healthy life? Choose eight (8) of the life domains from the list below and tick them.

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Time Management                     | <input type="checkbox"/> Relationships with family | <input type="checkbox"/> Managing stress               |
| <input type="checkbox"/> Motivation / energy -get up and go! | <input type="checkbox"/> Friendships               | <input type="checkbox"/> Being positive/ being content |
| <input type="checkbox"/> Having fun / recreation             | <input type="checkbox"/> School / study            | <input type="checkbox"/> Being creative                |
| <input type="checkbox"/> Relaxation- time out                | <input type="checkbox"/> Money / finances          | <input type="checkbox"/> Being fit & healthy           |
| <input type="checkbox"/> Making a difference / purpose       | <input type="checkbox"/> Work /career              | <input type="checkbox"/> Self confidence / growth      |
| <input type="checkbox"/> Sense of belonging                  | <input type="checkbox"/> Spirituality              | <input type="checkbox"/> Other: <input type="text"/>   |

### Rating Your Current Satisfaction Levels Within Your Life Domains

1. Write the names of the 8 domains against the outside segment of the wheel below.
2. Rate your current level of **satisfaction** with each life domain on a scale from 1 to 10. Think of the centre of the circle as 1 (totally dissatisfied) and the outer edge as 10 (completely satisfied).



Create a visual picture of your 'wheel' of life by joining each domain rating point with the next.

2) Which 2-3 areas are you willing to improve over the next 6 months to make the biggest difference to your life? (Maximum Three)

- 1)
- 2)
- 3)

## B) NOTICING THINGS

3) What three things are you most tolerating or putting up with in your life?

a)

b)

c)

4) What three things are you most enjoying in your life?

a)

b)

c)

5) If you could have more of ONE thing in your life right now, what would it be?

## C) CREATING YOUR GOALS

6) Create ONE goal which would make a BIG difference to your life. Choose a goal which would put a big smile on your face, and be achievable within 6 months.

**Goal**

**Achieve By**

a)

7) Imagine 6 months have passed, and you've done it! You have achieved this goal. Write down how you would feel having achieved it.

**I would feel...**

(Hint: If you wouldn't feel fantastic about this, then you might like to go back to Step 6) and choose bigger or smarter goals)

