



Welcome to your Life Alignment Assessment!

Before we begin our sessions, take a moment to reflect on where you are in different areas of your life — and where you'd love to be. This self-assessment will give us a great foundation and help you gain immediate clarity. There's no right or wrong — just honest reflection.

## 🔽 Step 1: Life Areas Assessment 🔽

Rate each of the following life areas from 1 to 10 for both your **current satisfaction** and **desired state**. e.g., if you're at 6, shade boxes 1–6.

Key Areas of Life	Status	Rate									
Ney Aleas of Life		1	2	3	4	5	6	7	8	9	10
Caroor & Durnoon	Current										
Career &Purpose	Desired										
Finances	Current										
Fillalices	Desired										
Dhysiaal Haalth 9 Wallaga	Current										
Physical Health & Wellness	Desired										
Marriago / Romantia Balationahina	Current										
Marriage / Romantic Relationships	Desired										
Relationships (Family &	Current										
Friendships)	Desired										
Fun & Leisure	Current										
ruii & Leisule	Desired										
Environment (Home / Mark)	Current										
Environment (Home / Work)	Desired										
Chirituality / Inner Deces	Current										
Spirituality / Inner Peace	Desired										
Emotional Wellness	Current										
Emouonal wellness	Desired										



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Take a moment to think about your scores above and explore your thoughts more deeply: 1. Which areas stand out to you the most and why? 2. Where do you feel the biggest gap between your current and desired state? 3. What do you want to be different 3 months from now? ..... 4. What would success look like at the end of our coaching journey?



## Step 3: Vision, Desires & Personal Insight

Now, let's dream a little. These prompts invite you to connect with your inner compass — your desires, values, and how you'd love to be supported during our coaching journey.

What would you have liked to have achieved so that you would consider your life fulfilling and with few regrets?	
2. Do you have a secret passion that you wish you had done or could do? If so, what i	
it?	
3. If fear, time, or money weren't holding you back, what would you be doing today?	
4. What are 3 things you want to experience in your lifetime, no matter what?	



## 5. In our coaching relationship, is there anything I need to know about you that would help our communication?

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Thank you for completing your Life Alignment Assessment! Your reflections will guide our sessions and help us shape a coaching journey that aligns with your goals, values, and vision for the future.