



On a scale of 1 to 10:

Environment, home or office _____

Career, business, success: _____

Finances, cash flow, assets: _____

Health, energy, inner peace: _____

Fun & Hobby, recreation: _____

Personal growth, learning: _____

Romance, partnership: _____

Family & friends, connections: _____

Which of the following cause you stress currently or in the recent past:

- | | | |
|---------------|-------------------|--------------------------|
| Grief/sadness | Racing mind | Family/home situation |
| Overwork | Life situation | Difficulty communicating |
| Brain fog | Finances/sales | Fear _____ |
| Worry _____ | Anger/frustration | Work situation |

*worry or fear can be over anything, from finances to world events

Write down which of the above you selected and briefly explain what it is that bothers you:

What beliefs, emotional themes, and ways of being did you learn from your parents or caretakers. Really think about patterns and habits that you currently possess that came from your childhood:

What do you consider your top three blocks to being more successful (whatever that means to you):

1. _____
2. _____
3. _____

What do you really want to change about yourself? What emotion would you like to eliminate and/or feel less of? Be very concise and specific here:

What are your main goals? If you haven't created your Ideal Outcome, do that right after this. If it's been awhile since you've done an Ideal Outcome, consider updating yours, even if that just means adding more details and positive emotions and affirmations. Write down the main goals you have for your life and through coaching:
