

GEORGE HERRICK

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This **Self-Assessment** can help you determine if coaching may be helpful to you:

Rate each area 0-10 (0 = totally dissatisfied, 10 = ideal)

Work/Career

- ☐ I have work I love doing
- ☐ I appreciate the path my career is taking
- ☐ I enjoy my work environment
- ☐ My work is stimulating and rewarding

Relationships

- ☐ My spouse/partner and I are each other's best ally
- ☐ We respect and appreciate each other
- ☐ Our emotional & physical intimacy is satisfying
- ☐ We both agree that our communication works well for us
- ☐ I enjoy a good circle of friends
- ☐ I enjoy time with my family

Health

- ☐ I am fit
- ☐ I sleep well
- ☐ I have good energy and stamina
- ☐ I manage stress well

Wealth

- ☐ I am financially stable
- ☐ I manage money and assets well

Hobbies

- ☐ I enjoy my free time
- ☐ My hobbies/interests give me a sense of balance

Retirement

- ☐ I keep active and feel vital
- ☐ I enjoy the time I have and use it as I choose

Education

- ☐ I am achieving/have achieved the education I desire
- ☐ I have the credentialing I need to pursue my career

Addiction

- ☐ I maintain my recovery
- ☐ I confront "triggers" honestly and courageously
- ☐ I don't con myself with rationalizations and justifications for addictive/habitual behaviors

Service/Volunteerism

- ☐ I give back to my community in fulfilling ways
- ☐ My life feels enhanced by the service I give

Spirituality

- ☐ I am generally calm and at peace within myself
- ☐ My faith or practice supports and nurtures me
- ☐ I feel a part of something greater than myself
- ☐ I am able to be present and "in the now"

If any areas don't rate to your satisfaction, or if there are other concerns you struggle with, then call or email me for a FREE introductory session to help you determine your next step.

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