

Bobby Walls Coaching

Name:		Date:	
1. What SCORE out / 10	of 10 would you give for	how SATISFIED yo	u are with your life overall?
2. If you were to g	jive a SCORE out of 10 fo	or how much FUN y	ou're having in life:
/ 10			
3. If you were to gi	ve a SCORE out of 10 for	how HAPPY you are	e in your current CAREER:
/ 10			
4. Give a SCORE ou	t of 10 for how overwhel	med, BUSY or stres	sed you usually feel:
/ 10			
5. Deep down, I lil	ce myself:		
5	0		(place an $oldsymbol{X}$ on the line to correspond with how much you
6. What is your FA	VORITE thing in life at t	he moment? (like l	best)
7. What could be I	MPROVED in your life at	the moment? (like	e least)



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8.	Thinking about coaching, I am looking:	(tick all that apply)		
	For More Meaning/Purpose in Life			
	For More Fulfilment/Happiness in Life			
	For More Ease/Simplicity or Balance in Life			
	For More Freedom and/or Inner Peace in Life			
	To Change or Move Forwards in my Career			
	To Achieve my Goals Faster/More Easily			
☐ To Learn to Trust Myself More/Be My Authentic Self				
Other (If there was something you haven't mentioned yet, what would it be?)				
9. I am ready to take ACTION, and make changes in my environment, habits and life:				
Ма	ybe / Yes / No (please circle)			

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