



↗ Rose Coaching, LLC ↖

Congratulations for re-designing your own life.
Through our programs we help you to:

- Take small steps that lead to big change
- Get unstuck and jumpstart your life
- Strengthen your commitment and accountability
- Align your life with your values and passions
- Design your life plan
- Discover your joy and life's purpose

Name: _____

Date _____

I sincerely need and want to improve my life. * I realize that everything I want is probably just outside my comfort zone.

1 2 3 4 5

I strongly disagree I strongly agree

I am not looking for a quick fix. * I understand coaching is an ongoing process for creating changes in my life

1 2 3 4 5

I strongly disagree I strongly agree

I am open to honest feedback and candid assessments. * I acknowledge my life will remain the same unless I make change a priority

1 2 3 4 5

I strongly disagree I strongly agree

I am the only one who can make my life better. * I accept responsibility for my actions and do not expect anyone to "fix" me

1 2 3 4 5

I strongly disagree I strongly agree

I view coaching as a worthwhile investment in me * I will not allow finances or time to be a barrier to coaching and my success

1 2 3 4 5

I strongly disagree I strongly agree

Having a coach would help me. * Having feedback, insights, and guidance from an outside vantage point would help

1 2 3 4 5

I strongly disagree I strongly agree

Please complete the following scale in terms of your *satisfaction now* and your desired goals to help us assess your current situation and determine which important areas to focus on.

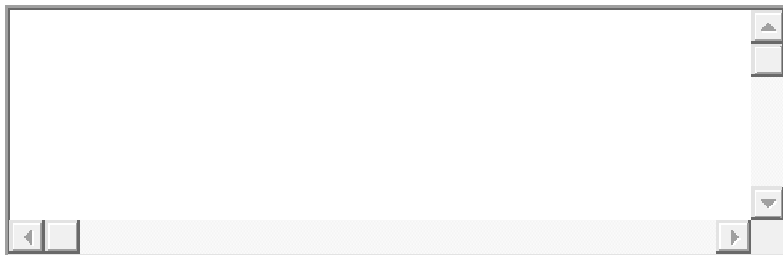
Rate each area from 1 – 10 (1 = lowest level of satisfaction, 10 = highest level)

	Now	Goal		Now	Goal
Career			Significant Other		
Family			Friends		
Physical Health/Well-Being			Emotional Health/Well-Being		
Finances			Spirituality/Religion		
Education/Personal Growth			Fun and Leisure		
Balance in Life			Lifestyle		

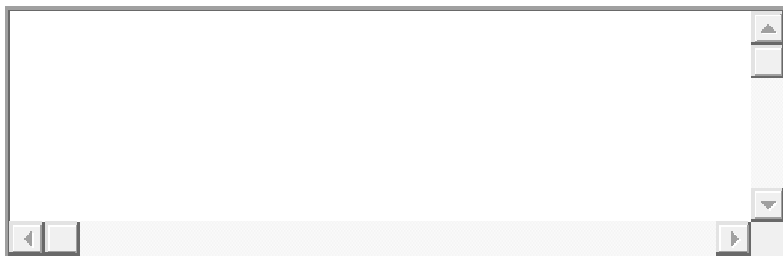
If Career is one of the areas you would like to address, please check those goals below that you would most like to focus on

- | | |
|---|---|
| <input type="checkbox"/> Clarify what I'd love to do | <input type="checkbox"/> Find a new job |
| <input type="checkbox"/> Design a new job/career that meets my interests and needs | <input type="checkbox"/> Improve my present job |
| <input type="checkbox"/> Start a new business | <input type="checkbox"/> Buy a new business |
| <input type="checkbox"/> Reduce the time I spend in my current job | <input type="checkbox"/> Be an outstanding contributor and value in my current position |
| <input type="checkbox"/> Transition from one job/role/company to another | <input type="checkbox"/> Improve/create more success with my current business |
| <input type="checkbox"/> Decide which option to pursue of those that I'm considering | <input type="checkbox"/> Get a raise/promotion |
| <input type="checkbox"/> Creating a strategic plan that blends my professional and personal desires | <input type="checkbox"/> Finding the time to execute my strategic plan |
| <input type="checkbox"/> Focus on my "Life Purpose" and have a broader context for evaluating my career | <input type="checkbox"/> Other _____ |

What would your agenda be? * If you did decide to have a coaching session, what would your agenda be? Describe in more detail 1 to 3 areas you'd most like to create fulfillment.

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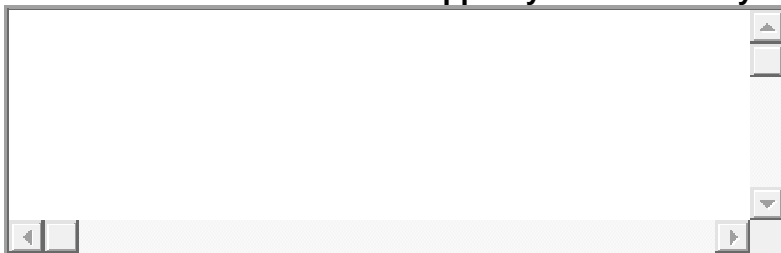
If you could create the results you desired in these 1-3 areas, what would your life look like?

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What action are you ready to take in the next 90 days? *

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As a coach how can we best support you to achieve your goals?

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What attributes to you look for in a coach?

