



↗ 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 _____  |

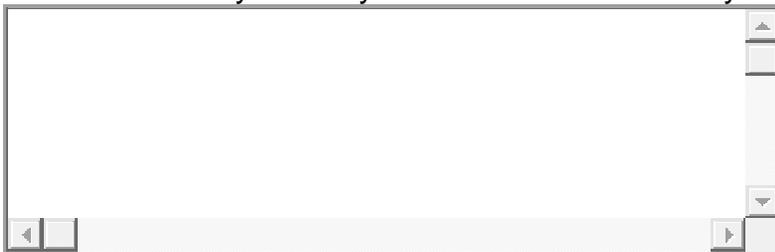
What would your agenda be? \* If you did decide to have a coaching session, what would your agenda be? Describe in more detail 1 to 3 areas you'd most like to create fulfillment.

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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?**

