

Less stress, more success!

Life Health Check Form

INDIVIDUALS.

Coaching is a technique to be applied to many aspects of a person's life and it can also be applied to a Company, an Association or any group of people with a common goal.

Other forms are available for Companies, Executives or Business Coaching.

This simplified form is designed to assist in the identification of areas where Coaching could improve the performance or the experience of daily life for the assessed individual.

Please read carefully the statements at both ends of each line of the grid and tick the box that most reflects the situation at the time of the evaluation. Interpretation and

Notes are on the reverse of this form.

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	
My life is fully balanced. I live according to my values.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I feel out of balance. My needs are not met (1)
My life is under control.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I struggle with life everyday.
I am at ease with others and comfortable anywhere.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I dislike being in a group and strangers make me uncomfortable.
I am consistently successful at reaching my goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have a hard time reaching my goals. (2)
I am curious and embrace change willingly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I like my ways and am not interested in changing.
I have enough of what I need and I even have reserves.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am often short of necessities such as time, space, love or opportunity. (3)
I am at peace with all people important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I often feel anger, frustration or jealousy. (4)
I have the right BMI /weight to height ratio.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	My BMI / weight to height ratio is very out of the norm.
I trust that people think highly of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I believe that people think poorly of me. (5)
I have the life I always wanted to have.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I shall probably never live the life that I dreamt of as a kid.
I am highly organized and can find anything within seconds.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	My house / office / car is a mess. (6)
People around me are friendly and supportive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am surrounded by aggressive, selfish people.
I am well organized and protected financially.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am sinking in debt.
I feel good, life is a breeze and virtually all I do is easy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am shy, insecure and miss many opportunities.
I attract people's attention and interest easily. I have the friends I want .	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have very few friends and feel isolated.
I have the money I need for the life I want to live	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am always short of money.

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Interpretation

All marks in the columns 1 and 2 are good news.

Those in the right two columns (3 & 4) are alarm bells.

The centre 2 columns are opportunities to improve and would be relatively easier to work on. Coaching can help you move the marks that you will decide to move.

You should read the results concentrating on the left two columns.

The optimal quality of life would require that all your marks be in the two columns on the left. If you do, you are an exceptional person and enjoy a very privileged life.

10 or more marks in the left 2 columns: You have a solid base to enjoy your life, friends and activities. You probably enjoy a good life.

You have a limited selection of areas with which you could improve your life. It should be relatively easy to reach a superior life. You only need Coaching if you want the best out of your life.

5 to 9 marks in the left 2 columns is not a very good situation to be in.

You may have been living like this for years but you do not have to in the future. With Coaching you can painlessly bring your life to a higher, more enjoyable level. Which two areas would you most like to start working on?

5 marks or under in the left two columns point to a life which can be much improved. These marks show the strengths on which you will build to improve your life. You should seriously look into the areas in the centre columns. They are the easiest to improve upon

Any mark in the right two column?

It is advisable that you work on these as soon as possible. These areas probably spoil your quality of life and affect your pleasure. Coaching can help you act on that score rapidly.

Notes

1. Indeed there are many factors that can throw you off-balance. Working on your Personal Foundation, reconnecting with your values, understanding your basic needs will help you to sort out the issues and your Coach would guide your steps towards a better balance.
2. Do you have identified goals that allow you to focus your actions? Without goals, much of your energy will be wasted.
3. You need reserves of all of these to be happy and enjoying life fully. Which one is low? You can and should work on it. You deserve a life that fulfils you.
4. Any of these three is a poison that clouds your mind and lowers your quality of life. Your Coach would help you understand what destabilizes your life.
5. How sure are you? Face the facts. Reality is always better than suppositions. Coaches have tools to bring you real facts that will make you feel much better.
6. Clutter saps your energy. Whether you believe in Feng Shui or not, clutter or disorganization is a heavy burden to carry. Work on it today, tomorrow, always!

Do you feel like having a free introductory coaching session?

Just get in touch with Christian Worth.

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