

Inspired Living Coaching Services

RATE YOUR LIFE

A 5-minute process to help get more clarity on what's working in your life and where you need more support.

Rate your life in the following areas (1-10) 10 is most excellent.

Health	_____	Career/Business	_____
Family/Friends	_____	Leisure/adventure time	_____
Financial Security	_____	Spirituality	_____
Partner/Significant other	_____	Hobbies/creative outlet	_____
		Other: _____	_____

What are you willing to improve over the next 3 - 6 months that would make the biggest difference in your life? (Hint: anything above that you marked as a 5 or less may need some attention). Only pick 4 and rate them from most important to least (1 being the most important).

1. _____
2. _____
3. _____

What 3 things are you just tolerating or putting up with in your life?

1. _____
2. _____
3. _____

What 3 things do you most love about your life?

1. _____
2. _____
3. _____

If you could change you life in one area right now, what would that be?

COMMIT TO MAKE CHANGES

Set 2 goals that are specific, measurable and achievable and you feel very strong about. When you think about completing them you are very happy and feel a BIG sense of accomplishment.

GOAL 1:

Achieve by _____ (set a specific date that you believe is realistic)

GOAL 2:

Achieve by _____ (set a specific date that you believe is realistic)

DO YOU SABATOGUE YOUR EFFORTS?

Which two things are you most inclined to do?

- | | |
|--|--|
| _____ Side tracking with other projects | _____ Saying "Yes" prematurely |
| _____ Being Indecisive | _____ Saying "No" prematurely |
| _____ Procrastinating | _____ Not asking for help |
| _____ Not being honest with yourself or others | _____ Not following through on your word |
| _____ Getting overwhelmed | _____ Other _____ |

Now when you notice yourself sabotaging your efforts, what will you do instead? List a replacement behavior. For example, if you side track easily, you can make a list of what you need to do and stick to it for 15-minutes, one hour, etc.). The point is to make yourself accountable even for small increments.

HOW COACHING CAN HELP YOU KEEP ON TRACK

Goals and changes in your life are much easier to make when you have structure, accountability and others supporting you. If your goal is to become more fit and healthier for instance, you can join a club and workout with a friend.

You may also benefit from a Life Coach who will hold you accountable and challenge you in your goals. Most importantly, a Life Coach will support you in getting in touch with the wisdom within you, which is where ultimately all lasting change comes from.