

"Are you going through a transition in your life, career or relationships"?

Current Satisfaction Assessment (Part 2)

Personal/Professional Goals

1. What are the biggest changes you want to make in your life in the next 3 months?

a. _____

b. _____

2. What do you want to achieve for yourself in life and career?

a. _____

b. _____

3. Which areas of your relationship(s) would you like to change?

a. _____

b. _____

4. Which areas of your small business (if applicable) would you like to create/change?

a. _____

b. _____

5. Which areas of your spiritual life (if applicable) would you like to create/change?

a. _____

b. _____

6. On a scale from 1-10 how motivated are you to create change in your life today?

a. _____

7. In what previous ways have you attempted to create change in the area in which you're seeking help?

a. _____

b. _____

8. What are the barriers keeping you from achieving these goals?

a. _____

b. _____

9. What would you say have been your 3 greatest accomplishments to date?

a. _____

b. _____

10. What do you expect to achieve in life as a result of hiring me as your life coach?

a. _____

b. _____

11. What is the hardest thing in your life that you have had to overcome?

a. _____

b. _____

12. What major transitions or life changes have you had in the past 2 years? (Example: Entering or approaching a different age, a new or different relationship, job role, moved to another state or area, a change in children's ages/stages etc.)

a. _____

b. _____

13. Who are, or have been, your major role models? Why?

a. _____

b. _____

14. Have you worked with a coach before or a similar 1-on-1 adult relationship (Example: Therapist, Pastoral Counseling, Mentor, Teacher)?

a. _____

b. _____

15. Who will be supporting you through this process? Do you have a good support system with a spouse, family member, or friend?

a. _____

b. _____

16. How do you feel about incorporating prayer & scripture into this process of improving your life and reaching your goals?

a. _____

b. _____

17. What best describes your spirituality?

Christian

Spiritually Aware

No Spiritual Affiliation

Other Spiritual Affiliation _____

18. What desired results would you like to see from your coaching services within the next 4-12 weeks?

a. _____

b. _____

19. Are you willing and able to commit to the weekly coaching sessions?

Yes No

***Thank you for Choosing Transitional Life Coaching/Spiritual Counseling with
Dr. Thomas Ryer***