

Certified "Baby Boomer" Life Coach



Personal and Professional

Print this form. Under each of the following nine areas, circle the number that best represents the level of satisfaction in your personal and professional life. Connect the circles with a horizontal line. On the back of your paper, reflect and comment on what the scale reveals about your life. Increase your level of satisfaction! Book your life coaching session to review and work through your results.

1 = completely dissatisfied

10 = completely satisfied

Family Relationships	Social Relationships	Health Status	Physical Exercise	Career/ Education Goals	Personal Goals	Professional Community	Home Community	Financial Fitness
10	10	10	10	10	10	10	10	10
9	9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7	7
6	6	6	6	6	6	6	6	6
5	5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1	1

Comments: What does this scale tell you about your life? In what area(s) do you feel you need to make a change(s)?