



## Personal Assessment

Please complete the questionnaire below in order for you to gain self-understanding and to begin the first coaching session. Written answers help refine your thoughts and provide a record of your current self-evaluation. Your responses will be kept confidential. (Enter answer after each question. Expand space as needed.)

1. Briefly describe your life story, high points, low points and significant transitions, concluding with the most important things (good and bad) happening in your life right now.

2. What do you think is likely to make the difference between success and failure in your current ...?

A. Stage in life?

B. Community service/ministry?

C. Career?

3. What does success look like to you for your current ...?

A. Stage in life?

B. Family?

C. Career?

4. What are your personal, professional and financial goals in the year ahead?

5. What have been your greatest accomplishments in life?

6. What has been your greatest disappointment?

7. What have you done in the past three years to improve yourself?

8. What do you consider to be your greatest strengths?

A. Personal

B. Community service/Ministry (spiritual gifts)

C. Career

9. What do you consider to be your greatest opportunities for growth?

10. What are your pet peeves – things that upset you the most?

11. For what do people most often criticize you?

12. For what do you most often criticize others?

13. Do you feel you are making the progress in your life that you want? If yes, how? If no, why not?

14. Who among your acquaintances encourages you the most?

15. Who among your acquaintances cautions you the most?

16. Whom do you consider to be the most successful person that you have ever met? Why?

17. What are your dreams?

18. Rank yourself on a scale of 1 to 10 (1 = need much improvement; 10 = need no improvement)

- Organization
- Communication
- Personal evangelism
- Empathy
- Planning
- Life balance
- Energy level
- Financial health
- Goals achievement
- Problem solving
- Spiritual life
- Family life
- Physical health
- Time management
- Emotional health
- Confidence
- Motivation
- Leadership

19. Identify your #1 need. What is the one thing you would most like to see improve in the year ahead?

20. What do you expect of your personal coach in the year ahead?