



Are you curious about coaching? Do you want to know if coaching is right for you?

The self-assessment below will help you identify if you would benefit from introducing coaching into your life. Simply print out the questionnaire and answer the questions in the four core areas. When you're done, if you think coaching could make a difference in your life, sign up for your free [trial coaching session!](#)

Read the following statements and indicate how much you agree with each statement:
 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree

MY TIME

- 1 2 3 4 5 I do not feel like I have enough time for me.
- 1 2 3 4 5 I am tired of living the "work-eat-sleep" routine.
- 1 2 3 4 5 I sometimes find it hard to say "no" to things.
- 1 2 3 4 5 I do not give myself enough time to think about the future I want.
- 1 2 3 4 5 I do not always spend my time according to what I've set as priorities.
- 1 2 3 4 5 I have a never-ending "to do" list.

MY SPACE

- 1 2 3 4 5 I am surrounded by clutter.
- 1 2 3 4 5 I spin in circles thinking without actually getting anywhere.
- 1 2 3 4 5 I wish I had more of a support network.
- 1 2 3 4 5 I sometimes have trouble sleeping because of the number of things on my mind.
- 1 2 3 4 5 I have too many commitments and I'm not sure how to prioritize them.
- 1 2 3 4 5 I envy people who find joy in every day.

MY GOALS

- 1 2 3 4 5 I notice myself asking "What more is there?"
- 1 2 3 4 5 I know what I want, but I'm not sure how to get there.
- 1 2 3 4 5 I'm not sure what I want, but I know this is not it!
- 1 2 3 4 5 I find it hard to commit to my health and wellness.
- 1 2 3 4 5 I'm looking forward to making changes.
- 1 2 3 4 5 I find it hard to articulate my personal vision.

MY FEARS (it's okay, we all have them...)

- 1 2 3 4 5 I'm afraid of what it takes to get there.
- 1 2 3 4 5 I'm not sure I have what it takes.
- 1 2 3 4 5 I don't think other people would understand.
- 1 2 3 4 5 I worry about what happens if it doesn't work.
- 1 2 3 4 5 I find myself doing things simply because I feel like I "should" be doing them.
- 1 2 3 4 5 I feel stuck in "I'm almost ready" mode.

Count the number of questions you scored 3 or higher, and see which tier you fall into:

- 1-8 You are well on your way to living the life you want. Keep it up!
- 9-16 You fishbowl is okay, but you may want to consider making some changes.
- 17-24 Yikes - trapped in the fishbowl! You really should start making some changes soon.